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Lakes, Bay & Region • October 29 2016

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# The Phantom of the Music Hall

TWISTED AND COMICAL MURDER MYSTERY SET AT THE REDCLIFFE ARMS MUSIC HALL

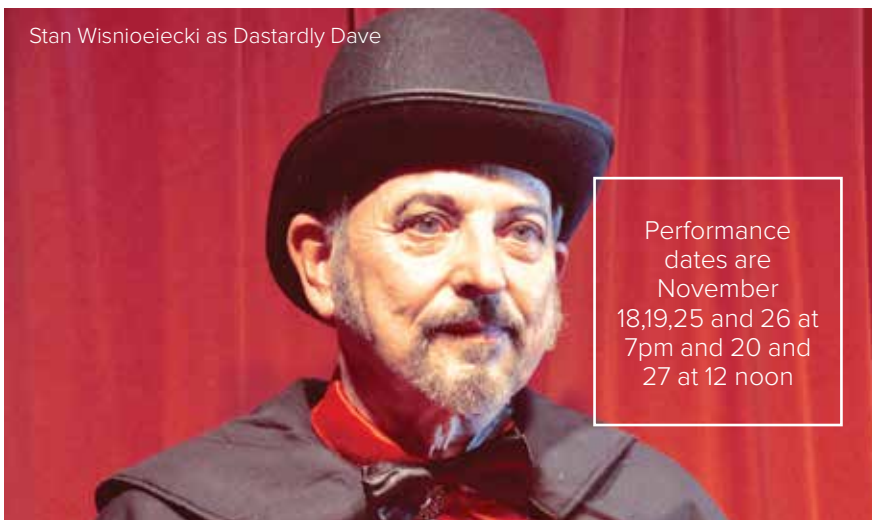
With the nasty and sarcastic owner of the Redcliffe Arms Music Hall, Dastardly Dave Esquire (Stan Wisnioeiecki) and a bunch of has-been performers including his beloved and often neglected Miss Startlett Von Harlett (Deborah Rubendra), The show's off the wall physic Madame La Puff (Jean Bowra), Melton Butter Esquire a crooner in the show who is some what a little dumb and dumber (Tim Kennedy), Miss Goldy Crumpet a dancer and love interest to Melton Butter (Bec Mundell), a Mine Host who drinks too much (Glan Cassam), all have to face the murder of Lipton Jig-gal the Juggler, in this comic and somewhat tongue in cheek melodrama. The Super Slueth Shylock Bones is called in to solve the murder (Ronald Liekefett), along with his faithful assistant Nurse Watson (Gavin Bensley)... But another problem arises with the appearance of the 'Fantom'. Along with finding the murderer of Lipton Jig-gal, Shylock Bones will have to solve the mystery of the 'Fantom'.

The Melodrama is being presented as a Theatre Restaurant in three parts along with a cabaret section in each part. The cabaret cast includes Sarah Ashby, Fay Richards, Lilian McDougall, Barbara Williams, Ralph Ashby, Glan Cassam, Colin Ellicombe, Midge Koitka, Jean Bowra, Tim Kennedy, Sophie Marriot and Dancers.

Written by local Playwright Ralph Ashby and Directed by Barb Wainwright, this is guaranteed to be a very enjoyable experience for all, especially those who enjoy a good laugh. The cost is \$35.00 per person which includes the show, nibbles, two course meal with tea or coffee. Tables of nine are available if required.

Bookings can be made by phoning Karen on 0439 954 719 or online bookings through [www.mousetraptheatre.asn.au](http://www.mousetraptheatre.asn.au)

Stan Wisnioeiecki as Dastardly Dave



Performance dates are November 18,19,25 and 26 at 7pm and 20 and 27 at 12 noon

Jean Bowra as Madame La Puff





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Queensland seniors can now spot a bargain at more than 6,000 businesses across the state now that the Seniors Business Discount Card scheme has been expanded

Seniors can also access a range of other discounts on goods and services at businesses right across the state from restaurants to electrical goods to services supporting the health and wellbeing.

More than 100,000 card holders are already accessing discounts through the state-wide scheme and all Queensland residents over the age of 60, regardless of their job status, can apply for the Seniors Business Discount Card.

Seniors Minister Coralee O'Rourke said 150 new businesses are coming on board each month and cardholders can search online, look for Seniors Card stickers on shop windows and counters or ask in-store or for a discount.

Businesses and seniors can register interest for the scheme via [qld.gov.au/seniorscard](http://qld.gov.au/seniorscard) or 13 74 68.

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Melbourne Cup  
at Mon Komo

## THE RACE THAT STOPS A NATION

TUESDAY 1 NOVEMBER 2016, 3PM

Melbourne Cup Day sits at the pinnacle of the Australian racing calendar and is the focal point of the Melbourne Cup Carnival. It's also arguably the largest social event in any given year. So let's get social. Whether you work in the city, locally, are ducking out for it or taking the day off, there's no shortage of events to choose from and here are some worth considering:

Each year on the first Tuesday of November at 3pm (Australian EDT), the greatest thoroughbreds and jockeys from around the world descend upon Flemington Racecourse to battle it out and cement their names into racing history.

The gruelling 3200m contest is the richest and most celebrated prize in Australian sport and many dream of holding the 18 carat gold ABC Bullion trophy – one of the only trophies in the world still hand-spun with solid gold, sourced from Australian mines – valued at \$175,000.

Emirates Melbourne Cup Day is also a chance to be daring with thousands of flamboyant, colourful racegoers flocking to Flemington. Hats are an essential accessory and a yellow rose is the official flower of the day.

As the jewel in the Melbourne Cup Carnival crown, this iconic day is a heady mix of revelry that is embraced by local and international visitors who enjoy spectacular racing, fashion and exquisite hospitality and entertainment.

If you can't make it to Melbourne, there are many local events. The celebrations take many shapes; there are luncheons, garden parties, la bella vita, high tea, even burger and beer events, most have a fashion component and fascinators are fundamental. Here are some events to consider:

### MON KOMO HOTEL REDCLIFFE

#### *Melbourne Cup Luncheon*

**Time:** starts 11.30am

**Ticketing:** [www.monkomohotel.com.au](http://www.monkomohotel.com.au)

**Cost:** From \$75 pp

Let Mon Komo Hotel add some excitement and elegance to your race day. Experience this year's Melbourne Cup the way it was intended, with a tantalising four-course menu including a complimentary drink on arrival. Myer will delight you with their new season's fashion, join in the best dressed competitions and watch the action live on the big screen, all overlooking stunning

views of Moreton Bay. If you're looking for the place to be seen this Melbourne Cup Day, look no further than Mon Komo Hotel.

### NORTHS LEAGUES CLUB KALLANGUR

#### *Melbourne Cup Day Luncheon*

**Time:** 11am until 3pm

**Ticketing:** <https://www.proticket.com.au/Events/Details/4428> or at the Norths reception desk or by phoning 3285 2733

**Cost:** \$49.50 for Norths members, \$54.50 for non-members

Be treated to a delicious buffet luncheon on Tuesday 1st November for Melbourne Cup Day.

As well as a buffet lunch you will enjoy a seafood platter, lolly buffet, glass of sparkling on arrival, live music, lucky door prizes, raffles, best dressed and best hat competitions.

### NORTH LAKES GOLF CLUB

#### *Melbourne Cup Garden Party*

**Time:** 11.30am to 2.30pm

**Ticketing:** [Functions@northlakesgolfclub.com.au](mailto:Functions@northlakesgolfclub.com.au) or call 3480 9200. Bookings essential

**Cost:** \$69 pp

Australia's most iconic and prestigious event will be a spectacular Garden Party at North Lakes Resort Golf Club on November 1. The event offers sparkling for one hour (11.30am – 12.30pm), food stalls, chocolate fountain, a fashion parade sponsored by 'Review Australia', sweeps, fashions on the field, DJ & MC, lawn games, photo wall, prizes, giveaways and more!

### EAGLE FARM RACECOURSE

#### *Melbourne Cup Raceday*

**Time:** gates open 9:30 AM, functions start 11.30am

**Ticketing:** [www.brc.com.au](http://www.brc.com.au)

**Cost:** From \$65 pp

What better way to watch the Race That Stops The Nation than on The Southern Hemisphere's largest screen? Lap up the best atmosphere you could

possibly imagine and make this year's race one to remember.

Eagle Farm Racecourse will have everything you could need for the biggest race day of the year. There will be live racing on the track, just in case all of the action from Flemington streaming on every screen isn't enough. Plus, live entertainment will keep the party pumping and Review Fashions on the Field competition will draw in the fashionistas for some fierce competition. Don't miss out on the thrill – there's just nothing like it!

### EMPORIUM HOTEL COCKTAIL BAR, 1000 ANN ST, FORTITUDE VALLEY

#### *La Bella Vita Melbourne Cup with fashions by White Label Noba*

**Time:** 11:30-2.30pm

**Ticketing:** [events@emporiumhotels.com.au](mailto:events@emporiumhotels.com.au) or call 3253 6914

**Cost:** \$120pp

Enjoy Melbourne Cup in the stunning surrounds of the Emporium Hotel Cocktail Bar with an exclusive fashion parade by the acclaimed Brisbane-based fashion label White Label Noba.

The La Bella Vita Melbourne Cup event includes a 3 hour beverage package including Prosecco and Aperol Spritz cocktails, exquisite Italian canapés and buffet station, a fashion show by iconic local retailers, live entertainment and all the Melbourne Cup action on the big screen!

### SOLEIL POOL BAR, PODIUM LEVEL, RYDGES SOUTH BANK

#### *Melbourne Cup Garden Party*

**Time:** 11:30-3PM

**Ticketing:** [www.brisbanetickets.com.au](http://www.brisbanetickets.com.au)

**Cost:** \$129 pp

Soleil Pool Bar is putting together Brisbane's most chic Melbourne Cup event. We're looking forward to premium pop-up bars, food stations, lawn games, live entertainment, and fashion on the field! Guests can look forward to delicious savory and sweet



canapes like truffled mushroom, artichoke en croute, prosciutto cotto with Branstork pickle, pear Poire jalousie and more! Six pop bars feature premium libations from 4 Pines, Newstead Brewery, Moët Hennessey, Hendricks, Sofi Spritz and Solerno while food stations star prawn & oysters, bread & cheese, Movenpick ice-cream and Garden tea stands with cupcakes, lamingtons and scones.

#### BAR PACINO, 175 EAGLE ST, BRISBANE

*Melbourne Cup Lunch – Race by the River*

**Time:** 12-3PM

**Ticketing:** barpacino@outlook.com or call 3221 2397

**Cost:** \$95 pp

Celebrate Melbourne Cup with a sophisticated taste of Italy and with killer views of the Brisbane river. Bar Pacino have the race all wrapped up with an abundance of gourmet canapes and a beverage package that includes a selection of wines, Presecco, bottled and tap beer, soft drinks and juice.

#### BACCHUS, PODIUM LEVEL, RYDGES SOUTH BANK, CNR GREY & GELENELG ST

*Melbourne Cup High Tea*

**Time:** 12:30-3PM

**Ticketing:** info@bacchussouthbank.com.au or call 07 33640837

**Cost:** \$70 pp

Celebrate the race that stops the nation in style at Bacchus with a special high tea. Prepare well with a Pimms cocktail on arrival and a glass of Moët for the big race.

Bacchus' quintessential high tea includes freshly baked scones, pear jalousie, 'bonne maman' French raspberry preserve, raspberry white chocolate mousse, passionfruit tarlet, praline



Fashion: fascinators are fundamental

cream cup, opera slice, pistachio macaron and Bacchus' quintessential gourmet savoury selections, all served in luxe surrounds.

#### ZEUS STREET GREEK

*S13/14 LITTLE STANLEY ST, SOUTH BANK*

*Melbourne Cup alternative*

**Time:** 11.30-late

**Bookings:** southbank@zsg.com.au Call 3846 0200

**Cost:** From \$ 20pp

If Pegasus is more your horse and you would rather give official Melbourne Cup celebrations a miss, go no further than Zeus at Southbank. Select from a wide range of Pitas, Souvlas, Salads, Dips, Sides and Sweets. Whether it's lightly fried soft shell crab with Aegean slaw, grilled haloumi or Zeus' signature slow-cooked lamb, your inner greek is already the clear winner.

#### RIBS & BURGERS – VALLEY & WOOLLOONGABBA

*Melbourne Cup alternative*

Fortitude Valley: Centro on James, 39 James St Woolloongabba: Tenancy 7, 855 Stanley St (Entry via Trafalgar St)

**Time:** 11am-late

**Bookings:** info@ribsandburgers.com.au / woolloongabba@ribsandburgers.com.au

Fortitude Valley: 3252 5880

Woolloongabba: 3167 3488

**Cost:** From ca. \$20 pp

Rather wrap your hands around a burger or get sticky fingers tucking in ribs rather than a racing stub, then Ribs and Burgers win by a length!

Choose from more than 20 signature burgers, five styles of ribs and four crafted salads with sides like sweet potato fries and crispy onion rings.

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#### SANTA MONICA PIZZA & BURGER BAR CENTRAL BUILDING, 192 ANN ST

*Melbourne Cup alternative*

**Time:** 7am-late

**Ticketing:** functions@santamonica.com.au or call 3236 4792

**Cost:** From ca. \$30 pp

Quite simply put, it's a bet each way at Santa Monica - take in a Californian coastal vibe instead of a crowded racetrack and let your inner bikini or board short-bearing appetite loose. The race will be shown on the big screen, but other than that, it's the same cool vibe and great food as always. Part burger bar, choose from seven of these west coast wonders in the lineup. At its hearth, there's the bangin' Pizza Oven with six signature pizzas on rotation and if that's not enough start on the form guide early with Santa Monica's all-day-breakfast. While its fully licenced with whistle wetters aplenty, raise your glass with one of their eight hard-hitting custom-created cocktails for a photo finish.

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# ADHD in childhood linked to lifelong problems

BY DR ANITA, BRISBANE NORTH PHN

Queensland researchers say a greater focus on addressing common mental disorders in children is needed to prevent a potential 'tsunami' of long term issues in adulthood.

After completing a review of more than 100 longitudinal studies on ADHD, Dr Holly Erskine from the UQ Centre for Clinical Research said it had shown that attention deficit/hyperactivity disorder (ADHD) and conduct disorder (CD) in children could have lifelong adverse consequences.

According to one such study published recently in the Journal of Child Psychology and Psychiatry, 60 per cent of children with ADHD demonstrated persistent symptoms into their mid-twenties, and 41 percent had both symptoms and impairment as young adults.

"We found that those with ADHD were almost four times more likely not to complete high school and more than six times more likely not to attend tertiary education than individuals who do not have ADHD," Dr Erskine said.

"They were significantly more likely to have been dismissed from employment or to experience unemployment.

"The analysis shows it is imperative to ensure parents and the education system are provided with the resources to support these children," she said.

Co-author of the study Associate Professor

James Scott said ADHD and CD were also found to be associated with increased risk of depression, substance use and suicide.

"The analysis showed the disorders increased the risk of criminality with violence by three and a half times, and CD was associated with a three-fold risk of early pregnancy," Associate Professor Scott said.

"With ADHD, there was also an increased risk of being involved in a vehicular accident involving injury.

"This is not something these children will simply grow out of, and early intervention will give them the best possible chance of realising their potential," he said.

*UQ is seeking participants aged between six and 17 years, who have a diagnosis of ADHD, are being treated with stimulant medication and are experiencing sleep difficulties, particularly with getting to sleep*

Parents and carers who care for children with ADHD will likely draw little comfort from these findings and will understandably be seeking support and advice, not more bad news.

In that regard, The Royal Children's Hospital Melbourne provides some useful information on its website about helping children with ADHD.

For example, it recommends that verbal instructions be brief and clear. Children should be asked to repeat the instruction, and this should be followed up with prompting, monitoring and encouraging the child to ensure they stay focused on tasks.

The Royal also notes that reducing over-

activity and fatigue is another important strategy to help children with ADHD, so ensuring a good night's sleep is vital.

With this in mind, UQ researchers put out a call earlier this year for families of ADHD children to participate in a sleep study.

Working with the Lady Cilento Children's Hospital, the UQ's Dr Jane Nikles is conducting an international study to assess the effectiveness of melatonin for individual children with ADHD who are taking stimulants and having trouble sleeping.

Dr Nikles said stimulant medication used to help ADHD symptoms could make sleep problems worse.

"Children with ADHD often have difficulty settling down in the evening and this can be further complicated by the medications used to treat ADHD, including stimulants marketed as Ritalin and Dexamphetamine," Dr Nikles said.

"One of the best ways to see whether your child sleeps better with melatonin is by using a special individual medication effectiveness test," she said.

UQ is seeking participants aged between six and 17 years, who have a diagnosis of ADHD, are being treated with stimulant medication and are experiencing sleep difficulties, particularly with getting to sleep.

To register for the study, visit [www.mbs.uq.edu.au/mynap-study](http://www.mbs.uq.edu.au/mynap-study).

## ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.



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## *I am miserable in my marriage because of my brother-in-law*

**Hi Leonie,**

I just love this forum and it's great to get such great advice and I am hoping to take advantage of this wonderful service that The Messenger offers. I am miserable in my marriage but not because of my husband but because of my brother in law.

I need to fill in some blanks firstly...we are all in our late twenties and early thirties. My brother in law is the eldest of all of us. My husband is close to this guy and he spends way too much time at our place which is one issue but the biggest issue is his constant interference in our lives and disrespect of me.

We have two children, a two year old boy and a 4 1/2 year old girl. They love their uncle but he constantly swears around them and challenges everything I do and say. If I say they can't have something he tells me not to be silly and just gives it them. I then take it off them and a great big blow up happens when they start screaming. He has told my daughter that I am fat and lazy (I am neither) and said that the house is a mess. What house isn't a mess with two little kids and a mooching brother in law always there?

I have so many fights with my husband over his brother that I've lost count. The other big thing is that we are a one income family and we are feeding this guy three or four nights a week. He drinks the soft drink, cordial for the kids and my husband always pays for the beer. About three weeks ago his brother grabbed the milk (three litre bottle) out of the fridge and drank straight from the bottle and I could see the back wash slop back into the bottle. I went off my head about it and he threw the bottle outside on the patio area. Still my husband said nothing so I took the kids to my parent's house and told them everything because I really needed to talk.

Dad and my brother are furious about it all and have asked me to move back home. They say if I need help to just ask. My husband came over and promised to do something about his brother. It's been two weeks and nothing has been said and his brother has not apologised. In fact he acts smug like I have just lost my husband to him or something. I don't want to be a single mother and apart from his brother everything is really good.

What do you feel about this? Anything you can offer would be of help to me and I need to know what you would do.

**Lindsay/Deception Bay**

**Hi Lindsay,**

Your brother in law is an interloper in your marriage, is disrespectful to you and your home and finances and your husband is allowing him to be. These seem to be the facts of the matter. This situation is intolerable and I suggest that you force an immediate change. I feel that you need to take back control of your home and demand respect.

You asked what I would do so I can be more direct. I would tell my husband that the situation with his brother is the deciding factor of whether or not I stay in the marriage. As his wife and children, you should be his priority and clearly you are not.

I firstly suggest marriage counselling to try to unpack the issues, create behavioural change and an agreement about what is expected in the future. If he will not engage with the counselling process, I would let my actions speak louder than my voice. I would tell him that his brother is not welcome in our home and if he shows up I will ask him to leave. If he refuses to leave, I would either call my father and brother to come over and ask him to leave or take the children to my parents and stay there until he agrees to remove his bother from our home. I would advise him that I will no longer tolerate him in our house and around our children but that I would not stop him seeing his brother at a neutral venue when he chooses.

There are times in life when we have to fight for respect and we have a right to expect our spouse to be supportive of respectful treatment of us and our children. I can't tell you what to do but I can tell you that I have a feeling that how you manage this situation may impact on your quality of life and self esteem going forward so to my mind doing nothing is not an option.

Consider giving him a copy of this article to mentally digest. I feel that if your husband loves you he will deal with the issues around his brother but ultimately it's up to you to save yourself and your children from this abuse and I would be letting him know loud and clear that you are through with having to deal with his brother.

**Til next week, Leonie**

*\*Clarification*

In a previous column (Messenger, October 15, 2016) I suggested to a reader that it's better to use well-known real estate agencies when buying or selling a property, and named three well-known local agencies.

I want to clarify that these were just the examples that came to mind as I was writing my response and it wasn't my intention to depreciate the value of agencies that I didn't name, or endorse the agencies I did name.

There are many local boutique and independent real estate agents who are equally as qualified to handle your business. The focus of my response was the immediate needs of the writer to whom I was responding.

---

E-mail: [leonieschilling@bigpond.com](mailto:leonieschilling@bigpond.com)

Leonie Schilling is a qualified private practitioner.

For appointments please phone 3886 2715 or 0423 653 841

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### **Relationship Intensive Care - A practical guide to saving and maintaining your relationship**

Leonie delivers advice about struggling with a sick relationship and delivers (in a way only Leonie could) an easy to understand plan to repair that relationship.

Relationship Intensive Care is available as both a hard copy and EBook from [www.northlakescounsellingservices.com.au](http://www.northlakescounsellingservices.com.au) or Dymocks North Lakes. The hard copy is \$29.95 (+ \$7.00 postage and handling) and the EBook download is \$14.95.





# Council News with Julie Greer

Representing North Lakes, Mango Hill, Griffin and parts of Kallangur and Deception Bay

Find me on 



Hello everyone,

## Moreton Bay - Queensland's next priority development area

Deputy Premier and Minister for Planning, Jackie Trad recently declared a Priority Development Area (PDA) over the former Petrie paper mill site and surrounding areas. To be known as The Mill at Moreton Bay, the PDA covers 460 hectares including the suburbs of Petrie, Lawnton, and Kallangur. It also incorporates the Moreton Bay Region University Precinct.

Over the next 20 years, this area will be transformed into a vibrant urban community with a revitalised Petrie town centre and new University of the Sunshine Coast campus at its core. The area is expected to support more than 6000 jobs and generate \$950 million for the Queensland economy.

Declaring PDA status to The Mill will see the State Government partner with council to accelerate the development of the whole site, ensuring the university campus will be open to students by semester one 2020.

For more information on The Mill at Moreton Bay visit [www.moretonbay.qld.gov.au/themill](http://www.moretonbay.qld.gov.au/themill)

## National Recycling Week - 7 - 13 November

National Recycling Week is a great chance to consider what we use in our home and office, and to look at ways to reduce what we send to landfill. To celebrate Council will host free recycling workshops, and there will be free mulch and mulch loading at Bunya, Caboolture, Dakabin and Redcliffe Waste Facilities. For details and dates visit [www.moretonbay.qld.gov.au/recyclingweek](http://www.moretonbay.qld.gov.au/recyclingweek)

## Let's Move

Get healthy, active and go explore with

Council's new iMove directory. The program allows you to paddle, surf, climb, balance, bike and navigate the many outdoor experiences on offer in the Moreton Bay Region.

It highlights more than 250 activities to keep you and your family active, and includes fitness, sport and recreation facilities available in local parks. Collect a copy from your local library, customer service centre or visit [www.moretonbay.qld.gov.au/imove](http://www.moretonbay.qld.gov.au/imove)

## Report a lost trolley

Did you know you can report wayward shopping trolleys for retailers including Woolworths, IGA and Big W directly to Trolley Tracker? For more information or to make a report visit [www.trolleytracker.com.au](http://www.trolleytracker.com.au) or call 1800 641 497.

## Change of Next Library Visit

Due to a change in the date of Council's General Meeting to Wednesday 2 November, there will be NO library visit in November. My next and last visit for 2016 to the North Lakes Library will now be on Wednesday 7 December 2016 from 10 - 11am. If I can assist any resident further with any matters

### Julie Greer, Councillor for Division 4 Moreton Bay Regional Council.

PO Box 159 CABOOLTURE QLD 4510. Council : 3480 6666. Office : 3480 6705. Mobile: 0409 274 517.  
Email: [Julie.greer@moretonbay.qld.gov.au](mailto:Julie.greer@moretonbay.qld.gov.au).

**FOR 24 HR EMERGENCY ASSISTANCE FROM COUNCIL CALL 3480 6666.**

## Upcoming Events

The Moreton Bay Region has many events and activities on offer, for a variety of ages. Visit [www.moretonbay.qld.gov.au](http://www.moretonbay.qld.gov.au) to start exploring the Moreton Bay Region.

### Friday 18 November

#### University of the Third Age - Open Day

The U3A Pine Rivers is holding their Annual Open Day to showcase the courses and many activities available of interest to seniors in the community at Strathpine Community Centre, Mecklem Street, Strathpine from 9:00 to 12 noon.

Tutors and group facilitators will be available to discuss and showcase the various activities for next year as well as the many social outings scheduled.

Entertainment provided by the U3A Band, Choir and Circle Dancers. It is also an opportunity to renew your membership, or join the U3A. For further information contact 3880 6677 or visit [www.u3apinerivers.org.au](http://www.u3apinerivers.org.au)

### Saturday 19 November

#### Pine Rivers Brass Band Fundraising & Christmas Concert

Come along to the Strathpine Community Centre, Mecklem Street Strathpine from 2pm - 4.30pm and enjoy an afternoon of music. There is fun for all the family including raffles and a complimentary afternoon tea. Tickets are \$8.00 per person on sale at the door.

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# WHAT'S ON

**Our guide to what's on**  
**Easily submit your event on our homepage**  
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Please direct questions about this free service to [editor@northlakesmessenger.com.au](mailto:editor@northlakesmessenger.com.au)

**SEE PAGE 8 FOR OUR MELBOURNE CUP BREAKDOWN**

## U3A PINE RIVERS OPEN DAY

Date: Friday 18 November

Time: 9:30am to 12 noon

Location: Strathpine Community Centre  
Mecklem Street, Strathpine

**Cost:** Free

U3A Pine Rivers is holding their Annual Open Day to raise awareness for membership and to highlight the many benefits membership of a U3A can provide to the senior community.

**INFORMATION:** Meet the tutors, classes, activities, social events and friendships. **DISPLAYS:** Craft, Computers, Wood turning, Weights for Mates on display. **ENTERTAINMENT:** U3A Band, Choir and Circle Dancers will be performing. **MEMBERSHIP:** Join on the day. **VISITORS:** Everyone welcome – morning tea provided.

For further information, contact the office on 3800 6677

Visit the website – [www.u3apinerivers.org.au](http://www.u3apinerivers.org.au) and Like us on Facebook

## MELBOURNE CUP DAY AT KALLANGUR MEMORIAL BOWLS CLUB

Date: Tuesday November 1

Time: Starts at 11am

Location: 1351 Anzac Avenue, Kallangur

**Cost:** \$25

KALLANGUR MEMORIAL BOWLS CLUB are hosting a Melbourne Cup Day. On the day there will be a complimentary drink on arrival, lucky door prize, raffles & best hat, sweeps on sale, fashion parade at 11.00am, lunch is at 12.30. Tickets are available from the club or phone 3285 2267.

## PARK SOUNDS

Date: Saturday 12 November 2016

Time: 1.00pm – 10.00pm

Location: Pine Rivers Park, Strathpine

**Cost:** See Website

Park Sounds is an over 18s event featuring internationally renowned hip hop group Bliss n' Eso. Also in the lineup are Drapht, Nicole Millar, Running Touch, PON CHO and GG Magree. It's a licensed event with police and security arrangements in place. For more information and to purchase tickets, visit [www.parksounds.com.au](http://www.parksounds.com.au)

## Have Your Say

[community@northlakesmessenger.com.au](mailto:community@northlakesmessenger.com.au)

Disclaimer: The opinions expressed here are those of the writer and do not represent the opinions of the Messenger. These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent. Your submission will be published at the Editor's discretion. We reserve the right to withhold personal, business and organisation names contained in submissions.

### Sick of Renters?

Oh, I've read some rants on renters, how they're loud, unclean uncouth,

That's not been my experience, nothing's further from the truth. I've had several now as neighbours, and they drive me round the bend,

Trying to keep up with, The Joneses, will my workload never end?

All the males are car fanatics, clean and polish, make it shine! While my missus writes, "please clean me," in the dust that covers mine.

They spend weekends, in the garden, all day long, they're up at dawn,

Flowers flourish, plant and nourish, you could play bowls on their lawn,

I used to be quite proud of ours, saved a quid, grew it from seeds, This has turned out a mixed blessing, we've Kikuyu, couch and weeds.

And their children, are a worry, something there don't seem quite right,

They don't dawdle, struth they hurry, they're alert they're bright, polite.

So I'm jack of ruddy renters, though I suppose, what's in a name? I guess I should be thankful, that they've made me lift my game.

Long John Best 2016  
[longjohnbest@bigpond.com](mailto:longjohnbest@bigpond.com)

### Health Facilities in North Lakes

Having lived in North Lakes for many years I would like it if someone can tell us why after all these years one now has to pay for a simple scan, two in fact so that is \$100 for the two visits.

To be told if you want it free go up to Caboolture. I was of the understanding that these facilities were all under the jurisdiction of the QLD Health Department?

Well to that receptionist in North Lakes I did drive up to Caboolture with the elderly gentleman and it was free for the two procedures and I am the one having the last laugh because it never cost \$100 in petrol.

**Long time resident of North Lakes.**



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# Looking for work?

Get in the Game at the Job Seeker Boot Camp

Local job seekers and business owners are invited

Boot camp attendees will have the opportunity to network with employers in their field of interest and gain resume and interview feedback from local business leaders.

Luke Howarth MP says the 2-hour boot camp "will give attendees the chance to learn vital interview skills and gain the confidence they'll need to kick-start or re-start their career".

Recent figures reveal unemployment in Moreton Bay is stagnant at 6.1 per cent, while youth unemployment has fallen to 14.75 per cent.

This is an improvement on the 2014 figures of 18.8 per cent, which saw Moreton Bay listed as an area with one of the highest youth unemployment rates in Queensland.

"However these rates are still too high," says Luke Howarth MP.

"I've been working with local residents and our small business community to find ways we can reduce the unemployment rate in our electorate, and it's been great to see local business owners jump on board and support the Job Seeker Boot Camp."

Places are limited. To RSVP or for more information, contact Luke Howarth MP on 3284 8008 and [luke.howarth.mp@aph.gov.au](mailto:luke.howarth.mp@aph.gov.au).

Local job seekers and business owners are invited.

When Deception Bay local Seth Finau (not pictured) attended a networking event in October last year, he could never have imagined the outcome.

"I was volunteering at a local church food van and the pastor said [the local Federal Member, Luke Howarth MP] has this thing on today."

"I went along not knowing what to expect."

Now working full time as a sales coordinator for a Sunshine Coast radio station, Seth

reflects on what he learned at Luke Howarth MP's Job Seeker Boot Camp.

"Your resume's important, and the way you present your resume.

"'Attitude is everything' is what one speaker spoke about – having one hundred percent attitude."

Back by popular demand, the Job Seeker Boot Camp will be held at the Belvedere Hotel on Thursday 17 November, from 10am to 11.30am.

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Back for 2016

## Job Seeker Boot Camp

**17 Nov 2016, 10am - 11.30am**

At the Belvedere Hotel, Woody Point

- ✓ Gain career insights from local business leaders
- ✓ Network with employers in your field

For more information and to RSVP contact Luke's office:  
P. 3284 8008 or E. [luke.howarth.mp@aph.gov.au](mailto:luke.howarth.mp@aph.gov.au)

**LUKE HOWARTH MP**  
Federal Member for **Petrie**

Authorised by Luke Howarth MP, 40 Hornibrook Esplanade, Clontarf QLD 4019.



# Your Stars



**Aquarius Jan 21-Feb 19:** This week you will receive good news regarding finances. You may not be in the clear yet, but it's nice to see the cash flow flowing again.



**Pisces Feb 20-March 20:** Don't bring up a past disappointment casually or it falls on deaf ears. Guilt tripping only works if you have a clear destination.



**Aries March 21-April 20:** Don't stand outside a closed door. If it doesn't open soon another will. You're in the early stages of a venture and shouldn't wait on anyone.



**Taurus April 21-May 21:** A compromise can only take place if both sides yield ground. And in case your still wondering what that means, that means you.



**Gemini May 22-June 21:** It's nice to be in demand, but don't go with the first taker. If anything, circulate news that you're looking. This increases your value.



**Cancer June 22-July 23:** No sooner do you commit to a new direction than you get signs of encouragement. Can you trust them? Yes. But scepticism is healthy too.



**Leo July 24-Aug 23:** someone you felt would quit winds up rising to the challenge after all. Moreover they surpass expectations. Plant a slap on the back.



**Virgo Aug 24-Sept 23:** Most people would rest on their laurels, but not you. Things stagnate once you stop moving. It's a good time to make the rounds.



**Libra Sept 24-Oct 23:** Sometimes it's not tough talk, but commiseration that gets people back on their feet. Share a tale or two from your own experience of the school of hard knocks.



**Scorpio Oct 24-Nov 22:** Accenting the positive begins to pay off. Supporting loved ones in their efforts gets them to reciprocate. It's a win win situation.



**Sagittarius Nov 23-Dec 21:** You've been cut out of the action for now, but don't worry because all roads lead to you anyway. Nothing gets decided without your say-so.



**Capricorn Dec 22-Jan 20:** You want terms spelled out, but this time you have to trust people will deliver. Invest good faith and you will reap the returns.

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## NINE

**6.00** PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. **12.30** Cybershack. (PG) **12.30** Full Cycle. **1.00** The Block. (PG) **2.30** The Block. (PG) **3.30** The Block. (PG) **4.30** Garden Gurus. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: Pacific Rim. (PG) (2013) Charlie Hunnam, Charlie Day. Earth is attacked by monstrous creatures. **9.35** Movie: A Walk Among The Tombstones. (MA15+) (2014) Liam Neeson, Dan Stevens, David Harbour. An ex-cop is hired by a drug dealer. **11.35** Movie: Bad Boys. (MA15+) (1983) Sean Penn, Ally Sheedy. **2.00** TV Shop. **3.00** The Baron. (PG) **4.00** Impractical Jokers. (M) **4.30** Global Shop. **5.00** Extra. **5.30** Wesley Impact.

## GO!

**6.00** Children's Programs. **10.30** Teen Titans. (PG) **11.00** Dennis & Gnasher. **11.30** Pirate Express. **12.00** Move It. **12.30** Little Charmers. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Problem Solver. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Movie: Igor. (PG) (2008) **7.45** Movie: Gremlins. (PG) (1984) **10.00** Movie: Gremlins 2: The New Batch. (PG) (1990) **12.15** Ghost Adventures. (M) **1.15** Adult Swim. (MA15+) **2.15** Man And Machine. (PG) **3.15** GO Surround Sound. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Wild Kratts. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Horse Racing. Melbourne Cup Carnival. Victoria Derby Day. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Spider-Man. (PG) (2002) Tobey Maguire, Kirsten Dunst. A teenager becomes a superhero. **9.30** Movie: Deliver Us From Evil. (MA15+) (2014) Eric Bana, Olivia Munn, Edgar Ramirez. A New York police officer joins forces with an unconventional priest to investigate a series of inexplicable crimes. **12.00** Mistresses. (M) **1.00** Mistresses. (M) **2.00** Shopping. **4.00** It Is Written. (PG) Religious program. **4.30** Sons And Daughters. (PG) Wayne's plans are thwarted. **5.00** Sons And Daughters. (PG) **5.30** Harry's Practice.

## 7TWO

**6.00** Shopping. **8.00** House Calls To The Rescue. **9.00** Room For Improvement. **10.00** Hot Property. **10.30** Best Houses Australia. **11.00** Travel Oz. (PG) **12.30** The Travel Bug. (PG) **1.30** Going Bush. (PG) **2.00** Home In WA. **2.30** Great South East. **3.30** Creek To Coast. **4.00** Qld Weekender. **4.30** Sydney Weekender. Mike heads to Newcastle. **5.00** No Reservations. (PG) **6.00** The Hairy Bikers' Northern Exposure. (PG) Final. **7.00** Movie: Jersey Boys. (M) (2014) John Lloyd Young. **9.45** Movie: Mrs Brown's Boys D'Movie. (M) (2014) Brendan O'Carroll. **12.15** The Hairy Bikers' Northern Exposure. (PG) **1.15** Psychic TV. (M) **4.15** Sydney Weekender. **4.45** WA Weekender. **5.15** Qld Weekender.

## TEN

**6.00** Fishing Edge. **6.30** Everyday Gourmet. **7.00** iFish. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **12.00** The Living Room. **1.00** Everyday Gourmet. **1.30** Life Inside The Markets. (PG) **2.00** Sara's Australia Unveiled. New. **2.30** GCBC. **3.00** iFish. **4.00** What's Up Down Under. **4.30** A Taste Of Travel. **5.00** News. **6.00** Territory Cops. (PG) **6.30** Scorpion. (PG) **7.30** MacGyver. (M) **8.30** Hawaii Five-0. (M) The team must find McGarrett and Alicia after they are kidnapped by the serial killer they have been hunting. **9.30** Movie: Let's Be Cops. (MA15+) (2014) Jake Johnson, Damon Wayans Jr. **11.35** 48 Hours. (PG) **12.35** 48 Hours. (M) **1.30** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

## ONE

**6.00** Shopping. **8.00** Get Smart. **9.00** World Sport. **9.30** Operation Repo. **10.00** Jake And The Fatman. **11.00** Star Trek: Voyager. **12.00** MacGyver. **1.00** Diagnosis Murder. **2.00** Walker, Texas Ranger. **3.30** The Offroad Adventure Show. **4.30** Reel Action. **5.00** Driven Not Hidden. **5.30** Escape Fishing With ET. **6.00** Last Man Standing. **7.00** David Attenborough's Smart Sharks: Swimming With Roboshark. **8.00** Attenborough's Gorillas - On The Trail Of King Kong. **9.00** 48 Hours. **10.00** Megastructures Breakdown. **11.00** Rosewood. **12.00** Bellator MMA. **2.00** Motor Racing. Formula 1. Race 18. United States Grand Prix. Replay. **3.00** Daryl Beattie: The Canning Stock Route. **4.00** MotoGP. Race 16. Australian Grand Prix. Replay. **5.30** Whacked Out Sports.

## ABC

**6.00** Rage. (PG) **10.30** Rage. (PG) **11.35** The Checkout. (PG) **12.05** Myf Warhurst's Nice. (PG) **12.30** QI. (PG) **1.05** Pointless. **1.50** The Level. (M) **2.40** Reinventing The Royals. (PG) **3.30** Great Southern Land. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Doc Martin. (PG) **8.20** Home Fires. (M) **9.10** Inspector George Gently. (M) **10.40** Call The Midwife. (M) **11.40** Rage. (MA15+) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.20** Would I Lie To You? The Unseen Bits. (PG) **8.50** Rosehaven. (M) **9.15** Live At The Apollo. (M) **10.00** Catastrophe. (MA15+) Final. **10.30** Episodes. (M) **11.00** The Spoils Of Babylon. (M) **11.25** The Wrong Mans. (M) **11.55** Bad Education. (M) **12.25** Bad Education. (M) **12.55** Bad Education. (M) **1.25** Highway Thru Hell. (PG) **2.15** News Update. **2.20** Close. **5.00** Ella The Elephant. Final. **5.10** Pingu. **5.15** Sally And Possum. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal. Final.

## SBS

**6.00** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Figure Skating. ISU Grand Prix. Pairs Skating and Ladies' Singles. **3.30** Greeks, Romans, Vikings. (PG) **4.30** Greeks, Romans, Vikings. (PG) **5.30** The Story Of Luxury. (PG) **6.30** SBS World News. **7.35** Treasures Of Ancient India. (M) **8.30** Outlander. (MA15+) **9.30** Outlander. **10.30** Rockwiz. (PG) **11.20** Soccer. EPL. Tottenham v Leicester City. **2.15** Grand Tours. **2.45** Grand Tours. **3.15** Real Humans. (M) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **9.40** Serbian News. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 4. Melbourne City v Adelaide United. Replay. **3.00** India With Guy Martin. (PG) **3.55** India With Guy Martin. **4.50** Street Genius. (PG) **5.20** Hipsters. (M) Final. **5.45** 365: Every Day Docs. **5.50** Survivor Games. **7.05** Food, Booze And Tattoos. **7.30** If You Are The One. **8.30** Royal Navy School. (MA15+) **9.25** Halfworlds. (MA15+) **10.00** 12 Monkeys. (MA15+) **10.50** Lost Girl. (M) **11.40** Movie: Helpless. (M) (2012) **1.50** Movie: Blind Alley. (AV15+) (2011) **3.15** Movie: Childish Games. (M) (2012) **5.00** Korean News. **5.30** Indonesian News.

## AUSTAR

**MOVIES**  
**6.35pm Dark Places** (2015) Thriller. Charlize Theron, Nicholas Hoult. (MA15+) *Premiere*  
**8.30pm Carol** (2015) Drama. Cate Blanchett, Rooney Mara. (M) *Premiere*

**GENERAL**  
**7.30pm Saturday Night Live**. (MA15+) *Comedy Channel*  
**7.30pm The Fosters**. (M) *FOX8*  
**11.30pm Ghost Adventures**. (PG) *A&E*

**DOCUMENTARY**  
**7.30pm A Tribute To Neil Young**. (PG) *Foxtel Arts*  
**9.30pm Tales Of The Grim Sleeper**. (MA15+) *Crime & Investigation*

**SPORT**  
**5.30pm Rugby Union**. Mitre 10 Cup. Premiership Final. *Fox Sports 1*  
**5.30pm Soccer**. A-League. Round 4. Newcastle Jets v Sydney FC. *Fox Sports 4*  
**7.30pm Surfing**. World League. Moche Rip Curl Pro Portugal. *Fox Sports 1*  
**8.00pm Soccer**. A-League. Western Sydney Wanderers v Central Coast Mariners. *Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2910



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## NINE

**6.00** PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** The Conversation. **10.30** Wide World Of Sports. (PG) **11.30** Surfing. World League. Round 8. Hurley Pro at Trestles. Highlights. **12.30** My Surf TV. **1.00** Full Cycle. **1.30** Athletics. Melbourne Marathon. Highlights. **2.30** Wildlife Man: Shark Rider. (PG) **3.30** The Block. (PG) **4.30** Gurus Explore NZ. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** Events That Changed The Noughties. (M) **10.30** Hyde & Seek. (M) **11.30** Unforgettable. (M) **12.30** Impractical Jokers. (M) **1.00** Full Cycle. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** GMA. **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **11.00** Little Charmers. **11.30** Rabbids Invasion. (PG) **12.30** SpongeBob. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Problem Solverz. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Ben 10. (PG) **5.30** Steven Universe. (PG) **6.00** Scared Shrekless. (PG) **6.30** Movie: The Addams Family. (PG) (1991) **8.30** Movie: Dark Shadows. (M) (2012) **10.45** Movie: Interview With The Vampire. (MA15+) (1994) **1.00** Ghost Adventures. (M) **2.00** Adult Swim. (MA15+) **2.30** Rick And Morty. (M) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Little Charmers. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.30** Melbourne Cup Preview Show. **12.30** Business Builders. (PG) **1.00** The Franchise Show. (PG) **1.30** To Be Advised. **3.00** African Cats. **5.00** News. **5.30** Great South East. **6.00** News. **7.00** The X Factor Live. (PG) The finalists once again take to the stage for their live performances. **8.50** Sunday Night. Current affairs program, hosted by Melissa Doyle. **9.50** To Be Advised. **12.00** Scandal. (M) The team works with Hollis Doyle after his daughter is kidnapped and held for ransom. **1.00** Scandal. (M) An old case is re-examined. **2.00** Shopping. **3.30** Harry's Practice. Information about pet care. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Storage Hoarders. **1.30** No Reservations. (PG) **2.30** The Hairy Bikers' Northern Exposure. (PG) **3.30** Bart Cummings: All The King's Horses. (PG) **4.30** Intolerant Cooks. **5.00** Mighty Cruise Ships. (PG) **6.00** SCU. (PG) **6.30** Motorway Patrol. (PG) **7.00** For The Love Of Dogs. (PG) **7.30** Around The World With Manu. (PG) **8.30** Escape To The Country. **10.30** The House That £100K Built: Tricks Of The Trade. **11.45** Mighty Cruise Ships. (PG) **12.45** Late Programs.

## TEN

**6.00** Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** Car Torque. (PG) **9.30** St10. (PG) **12.00** All 4 Adventure. (PG) Return. **1.00** The Offroad Adventure Show. **2.00** The Doctors. **3.00** iFish. **3.30** RPM GP. **4.00** RPM. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) Manny and Luke babysit Lily. **7.00** Modern Family. Cam faces off with his nemesis. **7.30** All-Star Family Feud. Hosted by Grant Denyer. **8.30** Movie: RED 2. (M) (2013) Bruce Willis, John Malkovich. A retired spy tracks down a nuclear device. **10.50** To Be Advised. **11.50** 48 Hours. (M) **12.50** 48 Hours. (M) **2.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** Extreme Boats' Big Angry Fish. **9.30** Life Inside The Markets. **10.00** World Sport. **10.30** Reel Action. **11.00** Driven Not Hidden. **11.30** Operation Repo. **12.00** Undercover Boss. **1.00** Motor Racing. Australian V8 Ute Racing Series. Round 7. Highlights. **2.00** Motor Racing. Porsche Carrera Cup Series. Final round. Highlights. **3.00** Extreme Fishing. **4.00** What's Up Down Under. **4.30** MotoGP. Malaysian Grand Prix. **6.00** Family Feud: Sunday. **6.30** M\*A\*S\*H. **7.30** CSI: Cyber. **8.30** Lands Of The Monsoon. **9.30** Movie: The Factory. (MA15+) (2012) **11.35** Megastructures Breakdown. **12.35** World Sport. **1.00** RPM GP. **1.30** RPM. **2.30** Operation Repo. **3.00** The McCarthys. **4.30** Formula 1. Race 19. Mexican Grand Prix.

## ABC

**6.00** Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** The World This Week. **11.30** Songs Of Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Home Fires. (M) **3.00** Fake Or Fortune? **4.10** Australian Story. **5.10** Doc Martin. (PG) **6.00** QI. (PG) **6.30** Compass. **7.00** ABC News Sunday. **7.40** Grand Designs: House Of The Year. **8.30** Poldark. (M) **9.30** Wolf Hall. (M) Final. **10.30** Orion: The Man Who Would Be King. (M) **12.00** Grayson Perry: Who Are You? (PG) **12.50** Message Stick. (PG) **1.30** Wolf Hall. (M) **2.30** Fake Or Fortune? **3.30** Orion: The Man Who Would Be King. (M) **5.00** Insiders.

## ABC2

**6.00** Children's Programs. **4.00** Bananas In Pyjamas. **4.10** Wiggle. **4.20** Tree Fu Tom. **4.45** Pocoyo. Final. **4.55** The Nuntums. Final. **5.00** The Hive. **5.20** Peppa Pig. **5.25** Room On The Broom. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Stan Lee's Superhumans. (PG) **8.15** Miracle In The Storm. (PG) **9.05** Ross Kemp: Extreme World. (M) **9.50** Sicko. (M) **11.55** The Fried Chicken Shop. (M) **12.40** The Midwives. (PG) **1.40** Stan Lee's Superhumans. (PG) **2.20** Swamp Brothers. (PG) **2.40** News Update. **2.45** Close. **5.00** Babar: Adv Of Badou. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. Final. **5.45** Abney & Teal.

## SBS

**6.00** France 24 English News. **6.30** Deutsche Welle. **7.00** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Tottenham v Leicester City. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 4. Sydney Kings v Brisbane Bullets. **4.00** Arabic News. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** Nazi Megastructures. **6.30** SBS World News. **7.30** The Great Human Odyssey. (M) **8.35** I Am JFK Jr. **10.45** Fallout. (PG) **12.20** Movie: The House Of Branching Love. (MA15+) (2009) Elina Knihtilä, Hannu-Pekka Björkman. A couple decide to divorce. **2.15** Rectify. (PG) **3.05** Rectify. (PG) **4.00** Strip The City. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

## SBS2

**6.00** WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** We Are Young. **2.05** Geeks. (PG) **3.00** Billy On The Street. (PG) **3.30** Human Resources. (PG) **3.55** Human Resources. (M) **4.25** Survivor Games. **5.40** 365: Every Day Docos. **5.45** Fameless. (PG) **6.10** Fameless. (PG) **6.35** The Internet Ruined My Life. (PG) **7.05** The Internet Ruined My Life. (PG) **7.30** If You Are The One. **8.30** MythBusters. (PG) **9.30** Great Minds. **9.55** Full Frontal. (M) **10.20** Green Room. (MA15+) **10.55** Green Room. (MA15+) **11.25** Tent And Sex. (MA15+) **12.00** Miyazaki: The Kingdom Of Dreams And Madness. (PG) **2.05** Movie: Days Of Darkness. (M) (2007) **4.00** CCTV News In English From Beijing. **5.00** WorldWatch.



## MOVIES

**6.20pm Jurassic World** (2015) Action. Chris Pratt, Bryce Dallas Howard. (M) *Premiere*  
**8.30pm Get Hard** (2015) Comedy. Will Ferrell, Kevin Hart. (MA15+) *Comedy*  
**10.20pm Prometheus** (2012) Sci-fi. Noomi Rapace, Michael Fassbender. (M) *Action*

## GENERAL

**8.30pm The Real Housewives Of Auckland**. (M) *Arena*  
**9.30pm Michael McIntyre's Big Show**. (PG) *UKTV*  
**10.10pm Orphans Of Ebola**. *Showcase*

## DOCUMENTARY

**7.30pm Before The Flood**. (M) *National Geographic*  
**9.30pm Sydney Harbour Patrol**. (PG) *Discovery*

## SPORT

**5.00pm Soccer**. A-League. Brisbane Roar v Perth Glory. *Fox Sports 4*  
**6.00pm Cricket**. Third Test. Pakistan v West Indies. Day 1. *Fox Sports 1*  
**7.00pm Basketball**. NBL. Round 4. Illawarra Hawks v Cairns Taipans. *Fox Sports 3*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

3010

## Advertisement

## NATURAL THERAPIES FOR HEADACHES

By Deb Webber, Zen Chi Natural Therapies & Wellness Centre

Most of us have suffered from headaches and know how painful and disruptive they can be. But before you reach for a painkiller, consider trying natural medicine.

There are two types of headaches – primary or secondary. Primary headaches crop up on their own, while secondary headaches arise as a symptom of an illness or ailment. Other triggers include temperature changes and food intolerances.

Common causes of headaches include medication, noise, neck or back pain, stress, eye problems and activities such as computer work. There are many natural therapies that can help combat headaches. Some include:

- **Acupuncture:** by needling acupuncture points on the body, acupuncture has been shown to reduce headache pain and relieve stress that may bring on such pain.
- **Massage:** many massage varieties aim to relieve bodily tension, promote detoxification, reduce stress and trigger endorphin release. These benefits may help prevent the onset of headaches and migraines.
- **Reflexology:** in a reflexology session, the practitioner works on head and spinal points in the feet to ease tension and help the nervous system run more effectively.
- **Meditation:** by stilling and focusing the mind, meditation works wonders for reducing stress and pain perception. You may find your headaches are few and far between when you take up a regular meditation practice.
- **Aromatherapy:** an aromatherapist uses various essential oils to help the body produce endorphins and relieve stress-related headaches.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Hyde & Seek. (M) **9.40** Australian Crime Stories. (M) **10.40** Person Of Interest. (M) **11.40** Undateable. (M) **12.10** A.D. Kingdom And Empire. (M) **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Power Rangers Dino. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Movie: Addams Family Values. (PG) (1993) **9.30** Movie: Beetlejuice. (M) (1988) **11.30** Tattoo Fixers. (MA15+) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Power Rangers Dino. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Perfect Teacher. (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** The X Factor Live. (PG) Following the live performances, the remaining contestants discover who will stay, and who will go. **8.40** The Secret Daughter. (PG) The preparations for the re-launch of Jack's Bar are overshadowed by Billie's impending court appearance. **9.40** Big Bang. (PG) **10.10** Big Bang. (PG) **10.40** Big Bang. (PG) **11.10** The Catch. (M) **12.10** Packed To The Rafters. (PG) **1.00** The Real Seachange. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo Lost. **7.30** Match It. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Best Houses Australia. **12.00** Dr Oz. (PG) **1.00** Lovejoy. (PG) **2.00** Grey's Anatomy. (M) **3.00** The Great Outdoors. **4.00** Medical Emergency. **4.30** 60 Minute Makeover. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Rosemary & Thyme. (PG) Rosemary and Thyme are hired by a barrister. **8.30** Foyle's War. (M) A girl is caught committing sabotage. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Lovejoy. (PG) **1.30** Dr Oz. (PG) **2.30** Foyle's War. (M) **4.30** Harry's Practice. **5.00** Across The Sea Of Galilee.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** All-Star Family Feud. **8.30** Have You Been Paying Attention? (M) Guests include Ed Kavalee, Celeste Barber, Mick Molloy, Anne Edmonds and Sam Pang. **9.30** Life In Pieces. (PG) **10.00** Life In Pieces. (PG) **10.30** The Odd Couple. **11.00** The Odd Couple. (PG) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Motor Racing. Formula 1. Race 19. Mexican Grand Prix. Continued. **7.00** RPM. **8.00** Driven Not Hidden. **8.30** Whacked Out Sports. **9.00** Moments Of Impact. **10.00** M\*A\*S\*H. **11.00** Hogan's Heroes. **12.00** Get Smart. **1.00** Matlock. **2.00** Nash Bridges. **3.00** Jake And The Fatman. **4.00** Diagnosis Murder. **5.00** Star Trek: Voyager. **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Undercover Boss. **8.30** Movie: Die Hard. (M) (1988) **11.10** House Of Lies. (MA15+) **11.40** House Of Lies. (M) Final. **12.10** Hogan's Heroes. **12.40** Motorcycle Racing. MotoGP. Race 17. Malaysian Grand Prix. Replay. **2.10** World Sport. **2.30** Get Smart. (PG) **3.00** Matlock. **4.00** Nash Bridges. (M) **5.00** Jake And The Fatman. (PG)

## ABC

**6.00** News. **9.00** News Mornings. **10.00** Landline. **11.00** Compass. **11.30** Eggheads. **12.00** News. **1.00** Poldark. (M) **2.00** Grand Designs: House Of The Year. **2.45** QI. (PG) **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** The Checkout. **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.30** Golf. PGA Tour. Sanderson Farms Championship. Highlights. From the Country Club of Jackson, Mississippi. **12.25** Mad Dogs. (M) **1.10** The Mix. **1.40** Rage. (MA15+) **4.05** The Musketeers. (M) **5.00** Eggheads. **5.30** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **3.20** Mofy. Final. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Wiggles. **4.20** Tree Fu Tom. **4.45** Timmy Time. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Class. **8.15** To Be Advised. **8.30** Humans. Return. **9.20** Ross Kemp: Extreme World. **10.10** 10.05 Shaun Micallef's MAD AS HELL. (M) **10.35** Trump's Angry America. (M) **11.05** Sicko. (M) **1.05** Miracle In The Storm. (PG) **2.00** Licence To Kill. (M) **2.50** Swamp Brothers. (PG) **3.15** News Update. **3.20** Close. **5.00** Babar: Adv Of Badou. **5.20** Mouk. **5.35** The WotWots. **5.45** Bottle Top Bill.

## SBS

**6.00** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Sol3 Mio: Live In Concert. **3.00** The Story Of The Jews. (PG) **4.00** Skies Above Britain. (M) **5.00** Noma Australia. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** The Supertvet. (PG) **8.30** The Supertvet: Bionic Stories. **9.30** Miracles Of Nature. **10.35** SBS News. **11.05** The World Game. **11.35** Rectify. Return. **12.30** Movie: Thirteen Assassins. (AV15+) (2010) **2.45** Room 101. (PG) **3.15** 24 Hours In Emergency. (M) **4.15** Food Lovers' Guide To Australia. **4.50** Poh & Co. Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Illusions Of Grandeur. (PG) **4.30** SBS Identity. **4.35** Where The Wild Men Are With Ben Fogle. (PG) **5.30** 365: Every Day Docos. **5.35** Daria. (PG) **6.05** If You Are The One. **7.00** Community. **7.30** The Feed. **8.00** The Mindy Project. (M) **8.30** The Mindy Project. (PG) Final. **9.00** Miniseries: Beyond The Walls. (PG) **9.50** Miniseries: Beyond The Walls. (PG) **10.45** Miniseries: Beyond The Walls. (PG) **11.35** The Birthday Boys. (PG) **12.00** The Feed. **12.30** Danger 5. (MA15+) **1.00** Movie: The Parade. (MA15+) (2011) **3.10** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.30pm Run All Night** (2015) Action. Liam Neeson, Ed Harris. (MA15+) *Premiere*  
**8.30pm Hot Pursuit** (2015) Comedy. Reese Witherspoon, Sofia Vergara. (M) *Comedy*  
**10.35pm Malcolm X** (1992) Drama. Denzel Washington, Angela Bassett. *Masterpiece*

## GENERAL

**7.30pm Judge Judy.** (PG) *Arena*  
**9.35pm Quarry.** *Showcase*  
**10.30pm The Tonight Show Starring Jimmy Fallon.** (M) *E!*

## DOCUMENTARY

**8.30pm Jamie's Super Food.** *Lifestyle Food*  
**9.30pm Sugar Vs Fat.** (PG) *Lifestyle You*  
**10.00pm Showrunners.** *FoxTel Arts*

## SPORT

**2.30pm Poker.** World Series. Final Table. *ESPN2*  
**7.30pm Soccer.** A-League. Round 4. Melbourne Victory v Wellington Phoenix. *Fox Sports 4*  
**8.40pm Cricket.** Third Test. Pakistan v West Indies. Day 2. *Fox Sports 1*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

3110

## Advertisement

## INDEPENDENCE MATTERS

There are important differences between an independent optometry practice such as mine and the other places that you might have your eyes examined and obtain prescription spectacles, sunglasses or contact lenses.

Independence in this context means freedom, but freedom from what? Well, for health care practitioners such as me, it is important to have the freedom to spend as much time with a patient as necessary using equipment of my choosing without any pressure to rush the appointment, or pressure to prescribe spectacles when they are not needed, or pressure not to refer the patient to a specialist when necessary. I want to use my knowledge and skills for the benefit of my patients. I believe that if I do that then my practice will thrive.

It is important to me to have my prescriptions dispensed accurately and that spectacles made from my prescriptions have lenses with designs and materials that are correctly matched to the frame mounts to which they are fitted. I use my decades of experience, and those of the fully qualified Optical Dispensers that work with me, to ensure optimum quality frames are used with the best quality lenses. As an independent Optometrist, not working in a franchise or a branch of a chain or influenced by a business partner, I am free to choose the best suppliers of products for my patients. I am not forced to use a corporate supply chain or products that maximise profit rather than quality. Not to mention – no gimmicks!

Sadly, many Optometrists these days do not have these freedoms.

*Dr Simon Little owns North Lakes Optometry - the only 100% Optometrist owned and operated Optometry Practice in North Lakes. Location: 4/12 North Lakes Drive (opposite St George Bank, parking available behind the building): Phone 3491 6786. [www.northlakesoptometry.com.au](http://www.northlakesoptometry.com.au)*

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot in Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Unreal Estate. **9.40** The Secret Life Of Growing Up. (PG) **10.50** Doctor Doctor. (M) **11.45** 20/20. **12.35** Impractical Jokers. (M) **1.00** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Ocean's Thirteen. (PG) (2007) **11.00** Two And A Half Men. (PG) **11.30** South Beach Tow. (M) **12.00** Swamp Hunters. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** Horse Racing. Melbourne Cup Carnival. Melbourne Cup Day. Featuring the Group 1 \$6.2 million Melbourne Cup (3200m). **4.30** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Hope is arrested. **7.30** First Dates. (PG) Return. Singles in search of love are brought together at a restaurant for a blind first date. **8.30** Gold Coast Medical. (M) New. Charts the challenges and triumphs of medical professionals working on the Gold Coast. **9.30** Cold Feet. (M) Jenny is shocked when her old flame, Grant, turns up at work. **10.30** The Windsors. (M) **11.00** Chicago Fire. (M) **12.00** Grey's Anatomy. (M) **1.00** Blood & Oil. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo Lost. **7.30** Match It. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Air Rescue. (PG) **6.00** Crash Investigation Unit. (PG) **6.30** Bargain Hunt. **7.30** Martin Clunes: Islands Of Australia. (PG) Part 2 of 3. English actor Martin Clunes continues his quest to explore the islands which make up Australia. **8.30** Movie: The Green Mile. (M) (1999) Tom Hanks, Michael Clarke Duncan. **12.15** Bargain Hunt. **1.15** Lovejoy. (PG) **2.15** Dr Oz. (PG) **4.30** Secrets Of A Coral Cay. **5.30** Harry's Practice.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Jamie's Super Food Family Classics. New. **8.30** Todd Sampson's Body Hack. Todd Sampson spends a week learning to be a Bollywood stuntman, before shooting his own action sequence. **9.30** NCIS: LA. **10.30** NCIS: New Orleans. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** All 4 Adventure. (PG) Final. **9.00** Lands Of The Monsoon. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** 48 Hours. (M) **9.30** 48 Hours. (PG) **10.30** Rosewood. (M) **11.30** Motor Racing. Formula 1. Race 19. Mexican Grand Prix. Replay. From the Autódromo Hermanos Rodríguez, Mexico City. **2.00** Diagnosis Murder. (PG) **3.00** Matlock. **4.00** Nash Bridges. (M) **5.00** Jake And The Fatman. (PG)

## ABC

**6.00** ABC News Breakfast. **9.00** ABC News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Country Town Rescue. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Pointless. **1.50** The Musketeers. (M) **2.45** Family Confidential. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** The Checkout: Snack Size. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Joanna Lumley: Elvis And Me. (PG) **9.25** Trillion Dollar Island. **10.30** Lateline. **11.00** The Business. **11.15** Q&A. **12.20** Stranded. (M) **1.20** Rage. (MA15+) **4.00** Trillion Dollar Island. **5.00** Eggheads. **5.30** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **4.45** Timmy Time. **5.00** Wallykazam! Final. **5.25** Peg + Cat. Final. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. Final. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. (PG) **8.20** To Be Advised. **8.25** Gruen Rewind. **8.30** Good Game. (M) **9.00** The Agony Of Modern Manners. (M) **9.30** Hard Time. (M) **10.15** Shaun Micallef's MAD AS HELL. (PG) **10.50** Humans. **11.40** Ross Kemp: Extreme World. (M) **12.25** Hard Time. (M) **1.15** Seconds From Disaster. (M) **2.05** The Wrong Mans. (M) **2.35** News Update. **2.40** Close. **5.00** Babar: Adv Of Badou. **5.20** Mouk. **5.35** The WotWots. **5.45** Bottle Top Bill.

## SBS

**6.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Ice Music: The Sound Of The North. **2.30** Good Listening. **3.00** Trawlermen. **3.30** Shackleton: Death Or Glory. **4.30** Wild Iran. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** Who Do You Think You Are? (PG) Final. **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Resistance. (M) New. **11.40** Resistance. (M) **12.45** Movie: Marriage And Other Disasters. (M) (2010) **2.30** 24 Hours In Police Custody. (M) **3.30** One Born Every Minute. (M) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** Soccer. UEFA Champions League. Matchday 4.

## SBS2

**6.00** WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.35** Where The Wild Men Are With Ben Fogle. (PG) **5.25** 365: Every Day Docs. **5.30** Daria. (PG) **6.00** If You Are The One. **6.55** Community. (PG) **7.30** The Feed. **8.00** Full Frontal. (M) **8.30** Morgan Spurlock: Inside Man. (M) **9.20** Morgan Spurlock: Inside Man. **10.10** Deep Web. **11.45** The Feed. **12.15** In The Flesh. (M) **1.20** In The Flesh. (M) **2.20** @midnight. (M) **2.50** @midnight. (M) **3.20** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.20pm** The Walk (2015) Biography. Joseph Gordon-Levitt, Charlotte Le Bon. (PG) **Masterpiece** **8.30pm** The Best Exotic Marigold Hotel (2011) Comedy. Judi Dench, Bill Nighy. (PG) **Masterpiece** **10.30pm** Brüno (2009) Comedy. Sacha Baron Cohen, Gustaf Hammarsten. (MA15+) Comedy

## GENERAL

**7.30pm** The Blacklist. (M) FX **8.30pm** Doctor Who. (M) Syfy **9.30pm** Catching Kelce. (M) E!

## DOCUMENTARY

**7.30pm** Winston Churchill: Blood, Sweat And Oils. (PG) Foxtel Arts **9.30pm** Jo Frost: Nanny On Tour. (M) Lifestyle You **10.00pm** Tattoo Tales. (M) TLC

## SPORT

**6.00pm** Tennis. WTA Tour. WTA Elite Trophy. Day 1. Fox Sports 1 **7.40pm** Cricket. Third Test. Pakistan v West Indies. Day 3. Fox Sports 2 **9.30pm** Sport Special. Fox Sports 3

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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A Will is a legal document that clearly sets out your wishes for the distribution of your assets after your death. Having a clear, legally valid and up-to-date Will is the best way to ensure that your assets are protected and distributed according to your wishes.

Everyone over 18 who has capacity to make a Will should make one. Regardless of the size of your Estate, it is important to have a valid Will.

An Enduring Power of Attorney is an important legal document you can

prepare to give someone else the power to make personal, health or financial decisions on your behalf. You may not always be able to make decisions when you need to. You may be too ill to make choices about your medical situation, or you could suffer a disability such as a stroke that prevents you from communicating your wishes to others. You can set out any terms for the power given to your Attorneys eg. Limit the power of your Attorney or give specific

information about your wishes and you can choose when you want the power of your Attorney/s for financial matters to begin eg. Immediately, on specific date or on a specific occasion.

You may have as many Attorneys as you think are necessary to act for you—you may appoint the same person for both your financial and personal matters or you may appoint different people.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Ready For Takeoff. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Doctor Doctor. (M) **9.40** Brett: A Life With No Arms. (M) **11.00** Embarrassing Bodies. (MA15+) **12.00** Stalker. (MA15+) **1.00** Extra. **1.30** Danzo Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Airplane Repo. (PG) **9.30** Baggage Battles. **10.30** Storage Hunters. (PG) **11.30** Toy Hunter. **12.00** Swamp Hunters. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: My Daughter's Secret. (M) (2007) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) **8.00** Beach Cops. (PG) Cops break up three fights on the Corso. The garbos accidentally find live grenades in a pile of rubbish. **8.30** Ramsay's Hotel Hell. (M) Gordon heads to Southbridge, Massachusetts, to help the owners of Vienna Restaurant And Historic Inn. **9.30** Big Bang. (PG) **10.00** Big Bang. (PG) **10.30** Big Bang. (PG) **11.00** Blindspot. (M) **12.00** Hannibal. (MA15+) **1.00** Red Widow. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo Lost. **7.30** Match It. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Scandal. (M) **2.00** Grey's Anatomy. (M) **3.00** The Great Outdoors. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** The Border. (PG) **6.30** Bargain Hunt. **7.30** Doc Martin. (PG) A new police constable arrives in Portwenn. **8.30** Lewis. (M) After a teenage girl is found wandering naked on the Oxford plains, Lewis and Hathaway suspect a teacher. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Doc Martin. (PG) **1.30** Harry's Practice. **2.00** Shopping. **4.00** Scandal. (M) **5.00** The Border. (PG)

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** GCBC. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Jamie's Super Food Family Classics. **8.30** The Wrong Girl. (M) Pete and Meredith argue. **9.30** Madam Secretary. After a bombing occurs at a political rally in Angola, Elizabeth must find a way to respond to a critical memo. **10.30** Hawaii Five-0. **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** A Taste Of Travel. **8.30** Reel Action. **9.00** Monster Jam. **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **Final. 4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Sharks: Beneath The Surface. **8.30** Shark Tank. (PG) **9.30** Megafactories. **10.30** 24: Live Another Day. (M) **11.30** Sons Of Anarchy. (MA15+) **12.30** Home Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Matlock. **4.00** Nash Bridges. (M) **5.00** Star Trek: Voyager. (PG)

## ABC

**6.00** News. **9.00** News Mornings. **10.00** Q&A. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** Pointless. **2.25** Joanna Lumley: Elvis And Me. (PG) **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. **5.00** News. **5.30** The Drum. **6.00** The Checkout: Snack Size. **6.10** Pointless: 500th Show. **7.00** ABC News. **7.30** 7.30. **8.00** Hard Quiz. (PG) **8.30** Upper Middle Bogan. (M) **9.00** Rosehaven. (M) **9.30** Adam Hills: The Last Leg. **10.15** Lateline. **10.45** The Business. **11.00** Four Corners. **11.45** Media Watch. (PG) **12.05** The Weekly With Charlie Pickering. (M) **12.35** Adam Hills: The Last Leg. **1.15** Rage. (MA15+) **4.05** The Musketeers. (M) **5.00** Eggheads. **5.30** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Wiggle. **4.20** Tree Fu Tom. **4.45** Timmy Time. **5.00** Ready, Jet, Go! **5.25** Kazoops! **5.35** Peppa Pig. **5.50** Fireman Sam. **6.00** Hoot Hoot Go! **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. (PG) **8.20** To Be Advised. **8.25** Gruen Rewind. **8.30** Employable Me. (M) **9.30** Kids With Tourette's: In Their Own Words. (M) Return. **10.20** Shaun Micallef's MAD AS HELL. (M) **10.45** Class. **11.50** Life's Too Short. (M) **12.45** Seconds From Disaster. **1.40** News Update. **1.45** Close. **5.00** Babar: Adv Of Badou. **5.20** Mouk. **5.35** The WotWots. **5.45** Bottle Top Bill.

## SBS

**6.00** Soccer. UEFA Champions League. Matchday 4. Continued. **8.00** WorldWatch. **1.00** PBS News. **2.00** Around The World In 50 Concerts. (PG) **3.00** Dateline. **3.30** Insight. **4.30** Peru: Extreme Planet. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **Final. 6.30** SBS World News. **7.30** India: Nature's Wonderland. **8.30** 24 Hours In Emergency. (M) **9.30** Miniseries: Tutankhamun. **10.25** SBS News. **11.00** The Five. (MA15+) **11.50** Movie: The Past. (M) (2013) **2.05** Movie: The Red Baron. (M) (2008) **4.05** Food Lovers' Guide To Australia. **4.40** Gourmet Farmer Afloat Biteize. **4.50** SBS Flashback. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.35** Where The Wild Men Are With Ben Fogle. (PG) **5.30** 365: Every Day Docos. **5.35** Daria. (PG) **6.00** If You Are The One. **7.00** Community. **7.30** The Feed. **8.00** RAW Comedy Roadshows. **8.30** Movie: Lovelace. (MA15+) (2013) **10.15** Movie: Swingers. (1996) **12.00** The Feed. **12.30** Glue. (M) **1.25** Glue. (MA15+) **Final. 2.20** The Spoils Before Dying. (M) **2.50** The Spoils Before Dying. (M) **3.20** Deutsche Welle. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.25pm Carol** (2015) Drama. Cate Blanchett, Rooney Mara. (M) **Premiere** **8.30pm Before We Go** (2014) Romance. Chris Evans, Alice Eve. (M) **Premiere** **10.55pm Still Alice** (2014) Drama. Julianne Moore, Alec Baldwin. (M) **Masterpiece**

## GENERAL

**7.30pm The Flash.** (M) **FOX8** **8.30pm Divorce.** (MA15+) **Showcase** **9.30pm The Night Shift.** (MA15+) **Universal Channel**

## DOCUMENTARY

**6.30pm Behind The Story With The Paley Center.** (M) **Foxtel Arts** **7.30pm Deadliest Catch.** (PG) **Discovery** **10.30pm Escape To The Country.** **Lifestyle**

## SPORT

**5.00pm Cricket.** Third Test. Pakistan v West Indies. Day 4. **Fox Sports 2** **6.00pm Tennis.** WTA Tour. WTA Elite Trophy. Day 2. **Fox Sports 1** **8.30pm NBA: The Jump.** **ESPN**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Cricket. First Test. Australia v South Africa. Day 1. Morning session. **2.30** The Cricket Show. **3.00** Cricket. First Test. Australia v South Africa. Day 1. Afternoon session. **6.00** Nine News. **6.30** Cricket. First Test. Australia v South Africa. Day 1. Evening session. **7.45** World's Best Commercials. (M) **8.45** Movie: Rush Hour 2. (M) (2001) Jackie Chan, Chris Tucker, Zhang Ziyi. Two detectives investigate a double murder. **10.45** Survivor: Millennials Vs Gen X. (PG) **11.45** The Mysteries Of Laura. (M) **12.45** Nine Presents. (PG) **1.00** Extra. **1.30** TV Shop. **2.00** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

## GO!

**6.00** Children's Programs. **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** RBT. (PG) **8.30** Movie: Cliffhanger. (M) (1993) **11.00** Two And A Half Men. (M) **12.00** Swamp Hunters. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **10.30** Horse Racing. Melbourne Cup Carnival. Crown Oaks Day. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) Marilyn sees Zac and Sam together. Hunter battles nerves on the eve of the English exam. **8.00** World's Angriest. (M) Footage of people losing their cool as caught on camera by members of the public. **9.00** Movie: Sex Tape. (MA15+) (2014) Jason Segel, Cameron Diaz, Rob Corddry. A couple discover their sex tape has leaked. **11.00** To Be Advised. **12.00** Revenge. (M) Victoria enlists Amanda's foster brother's help. **1.00** Revenge. (M) Emily decides to drag out Victoria's skeletons. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo Lost. **7.30** Match It. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** The Dr Oz Show. (PG) **1.00** Scandal. (M) **2.00** Grey's Anatomy. (M) **3.00** The Great Outdoors. **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** RSPCA Animal Rescue. **6.00** SCU. (PG) **6.30** Bargain Hunt. **7.30** Father Brown. (M) Father Brown searches for a missing girl. **8.30** Murdoch Mysteries. (M) After an explosion at the market seriously injures Constable Higgins, Murdoch discovers an improvised device. **10.30** Air Crash Investigation. (PG) **11.30** Bargain Hunt. **12.30** Psychic TV. (M) **3.30** Scandal. (M) **4.30** The Dr Oz Show. (PG) **5.30** Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** Bondi Vet. (PG) **2.00** Ent. Tonight. **2.30** GCB. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** David Attenborough's Natural Curiosities. Return. **8.00** David Attenborough's Natural Curiosities. Hosted by Sir David Attenborough. **8.30** Law & Order: SVU. (M) A man tears a family apart. **9.30** Law & Order: SVU. (M) **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** Motor Racing. Formula 1. Race 19. Mexican Grand Prix. Replay. From the Autódromo Hermanos Rodríguez, Mexico City. **10.30** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** Moments Of Impact. (PG) **8.30** Megastructures Breakdown. **9.30** Cops: Adults Only. (PG) **10.30** Undercover Boss. **11.30** Epic Meal Empire. (PG) **12.00** Jake And The Fatman. (PG) **1.00** Home Shopping. **2.00** Cops: Adults Only. (PG) **3.00** Bellator MMA. (M) **5.00** Star Trek: Voyager. (PG)

## ABC

**6.00** News. **9.00** News Mornings. **10.00** Australian Story. **10.30** Kangaroo Dundee. **11.00** Attitude. (PG) **11.30** Eggheads. **12.00** ABC News At Noon. **1.00** Pointless. **1.50** The Musketeers. (M) **2.45** Family Confidential. (PG) **3.15** Cook And The Chef. **3.45** The Bill. (PG) **4.15** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Checkout. **6.10** Pointless. **6.55** Clarke And Dawe. **7.00** News. **7.30** 7.30. **8.00** Silvia's Italian Table. (PG) **8.30** Miniseries: National Treasure. (M) **9.20** Escape To The Wild. (M) **10.10** Shock Horror Auntie. (M) **10.40** Lateline. **11.15** The Business. **11.30** Keeping Australia Alive. (PG) **12.30** Agony Of Life. (M) **1.00** Rainforest Warrior. **1.30** Press Club. **2.30** Golf. PGA Tour. Sanderson Farms C'ship. Highlights. **3.25** Late Programs.

## ABC2

**6.00** Children's Programs. **5.35** Peppa Pig. **5.50** Fireman Sam. **6.00** Hoot Hoot Go! **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Seconds From Disaster. (PG) **8.20** To Be Advised. **8.25** Gruen Rewind. **8.30** Hard Quiz. (PG) **9.00** Black Books. (PG) **9.20** Comedy Showroom. (M) **9.50** The Spoils Of Babylon. (M) **10.15** Shaun Micallef's MAD AS HELL. (M) **10.50** Live At The Apollo. (M) **11.35** Trump's Angry America. (M) **12.05** Bad Education. (M) **1.05** Bad Education. (M) **1.35** Seconds From Disaster. (PG) **2.25** News Update. **2.30** Close. **5.00** Babar: Adv Of Badou. **5.20** Mouk. **5.35** The WotWots. **5.45** Bottle Top Bill.

## SBS

**6.00** WorldWatch. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Smart Secrets Of Great Paintings. **2.30** Big Art. **3.00** SBS Flashback. (PG) **3.10** Tales From The Bush Larder. **3.40** The Sixties. (PG) **4.35** The British. (PG) **5.30** Letters And Numbers. **6.00** Ainsley Harriott's Street Food. **6.30** SBS World News. **7.30** Matthew Evans' For The Love Of Meat. (PG) **8.30** Luke Nguyen's Street Food Asia. Final. **9.00** My Restaurant In India. (PG) **9.30** Outlander. **10.30** SBS News. **11.00** Sex Toys: Frisky Business. (MA15+) **12.00** Movie: The Pack. (MA15+) (2010) **1.35** The Restaurant Man. (PG) **2.45** The Island With Bear Grylls. (M) **3.45** The British. (PG) **4.40** Free Kick. (M) **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.35** Where The Wild Men Are With Ben Fogle. (PG) **5.30** 365: Every Day Docs. **5.35** Daria. (PG) Final. **6.00** If You Are The One. **7.00** Community. (PG) Return. **7.30** The Feed. **8.00** Billy On The Street. (PG) **8.30** Billy On The Street. (PG) **8.55** South Park. **9.20** United Shades Of America. (PG) Final. **10.10** UEFA Champions League Highlights. **11.10** The Feed. **11.40** Darren Brown: Hero At 30,000 Feet. (M) **12.45** Russell Howard's Good News. (M) **1.20** Russell Howard's Good News. (M) **1.55** Ctrl Freaks. (M) **2.45** Big Trouble In Thailand. (M) **3.35** Close Up Kings. (M) **4.25** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.25pm American Beauty** (1999) Drama. Kevin Spacey, Annette Bening. (MA15+) **Masterpiece** **8.30pm The Hangover Part III** (2013) Comedy. Bradley Cooper, Zach Galifianakis. (MA15+) **Comedy** **10.40pm Harry Potter And The Prisoner Of Azkaban** (2004) Fantasy. Daniel Radcliffe, Rupert Grint. (PG) **Family**

## GENERAL

**7.30pm Arrow**. (M) FOX8  
**8.30pm Shameless**. (MA15+) **Showcase**

## DOCUMENTARY

**6.30pm Colin Davis: The Man And His Music**. (PG) **Foxtel Arts** **7.30pm Aussie Gold Hunters**. (PG) **Discovery** **9.30pm Fill Your House For Free With Gok Wan**. (PG) **Lifestyle Home**

## SPORT

**5.00pm Cricket**. Third Test. Pakistan v West Indies. Day 5. **Fox Sports 2** **6.00pm Tennis**. WTA Tour. WTA Elite Trophy. Day 3. **Fox Sports 1**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Cricket. First Test. Australia  
 v South Africa. Day 2. Morning  
 session. **2.30** The Cricket Show.  
**3.00** Cricket. First Test. Australia  
 v South Africa. Day 2. Afternoon  
 session. **6.00** Nine News. **6.30**  
 Cricket. First Test. Australia v  
 South Africa. Day 2. Evening  
 session. **7.45** RBT. (PG) **8.45**  
 Movie: Limitless. (M) (2011) Robert  
 De Niro, Bradley Cooper, Abbie  
 Cornish, Anna Friel. An author  
 suffering from chronic writer's  
 block has his life changed by a  
 revolutionary new drug. **10.45**  
 Movie: Machete. (MA15+) (2010)  
 Danny Trejo, Michelle Rodriguez,  
 Robert De Niro. An assassin seeks  
 revenge. **1.00** Impractical Jokers.  
 (M) **1.30** TV Shop. **3.00** Avengers.  
 (PG) **4.00** Global Shop. **4.30** GMA.

## GO!

**6.00** Children's Programs. **10.30**  
 PAW Patrol. **11.00** Yu-Gi-Oh! (PG)  
**11.30** Yu-Gi-Oh! (PG) **12.00** Sonic  
 Boom. (PG) **12.30** Ben 10. (PG)  
**1.00** Power Rangers Dino Charge.  
 (PG) **1.30** Kate And Mim-Mim.  
**2.00** SpongeBob. **2.30** Yu-Gi-  
 Oh! (PG) **3.00** Rabbids Invasion.  
 (PG) **3.30** Yo-Kai. (PG) **4.00** Kids'  
 WB. (PG) **4.05** Justice League  
 Unlimited. (PG) **4.30** Batman. (PG)  
**5.00** Ben 10. (PG) **5.30** Teen Titans  
 Go! (PG) **6.00** Regular Show. (PG)  
**6.30** Movie: The Last Airbender.  
 (PG) (2010) **8.30** Movie: The Lord  
 Of The Rings: The Return Of The  
 King. (M) (2003) **12.30** Forever.  
 (M) **1.30** The Magaluf Weekender.  
 (MA15+) **3.30** Yu-Gi-Oh! (PG)  
**4.00** Power Rangers Dino Charge.  
 (PG) **4.30** Batman. (PG) **4.50**  
 Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning  
 Show. (PG) **11.30** News. **12.00**  
 Movie: Subdivision. (M) (2009)  
**2.00** The Daily Edition. **3.00** The  
 Chase. **4.00** News. **5.00** The  
 Chase Australia. **6.00** News.  
**7.00** Better Homes. Jason and  
 Adam team up to help a family  
 transform their half-built pergola  
 into an entertaining space. **8.30**  
 Movie: The Proposal. (PG) (2009)  
 Sandra Bullock, Ryan Reynolds,  
 Mary Steenburgen. An editor gets  
 engaged to her assistant. **10.45** To  
 Be Advised. **11.45** The Goldbergs.  
 (PG) Adam's lies get him in trouble  
 when he breaks his arm and  
 claims it occurred when he fell  
 off a hoverboard. **12.15** Dr Oz.  
 (PG) **1.15** Harry's Practice. **2.00**  
 Shopping. **4.00** Dr Oz. (PG) **5.00**  
 NBC Today.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo  
 Lost. **7.30** Match It. **8.00** Toybox.  
 Final. **8.30** Harry's Practice. **9.00**  
 Home And Away: The Early Years.  
 (PG) **9.30** NBC Today. **12.00**  
 Dr Oz. (PG) **1.00** Scandal. (M)  
**2.00** Grey's Anatomy. (M) **3.00**  
 The Great Outdoors. **4.00** Best  
 Houses Australia. **4.30** 60 Minute  
 Makeover. (PG) **5.30** Islands On  
 The Edge. (PG) **6.30** Bargain Hunt.  
**7.30** Cities Of The Underworld.  
 (PG) **8.30** Selling Houses Australia.  
 Meet Rhonda, who wants to sell  
 her cottage after a multi-story unit  
 block is constructed next door.  
**9.30** Escape To The Country. **10.30**  
 House Wreck Rescue. (PG) **11.30**  
 Best Houses Australia. **12.00**  
 Bargain Hunt. **1.00** Psychic TV.  
 (M) **4.00** Scandal. (M) **5.00** Harry's  
 Practice. **5.30** Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday  
 Gourmet. **7.00** Ben's Menu. **7.30**  
 Bold. (PG) **8.00** Family Feud. **8.30**  
 Studio 10. (PG) **11.00** The Talk.  
**12.00** Dr Phil. **1.00** The Living  
 Room. **2.00** Ent. Tonight. **2.30**  
 GCBC. **3.00** Judge Judy. (PG)  
**3.30** My Market Kitchen. **4.00**  
 Ben's Menu. **4.30** Bold. (PG)  
**5.00** News. **6.00** Family Feud.  
**6.30** The Project. **7.30** The Living  
 Room. **8.30** The Graham Norton  
 Show. Special guests include  
 Benedict Cumberbatch, Eddie  
 Redmayne, Bryan Cranston and  
 LeAnn Rimes. **9.30** Have You Been  
 Paying Attention? (M) Special  
 guest quizmaster is Dami Im.  
**10.30** To Be Advised. **11.30** The  
 Project. **12.30** The Late Show  
 With Stephen Colbert. (PG) **1.30**  
 Shopping.

## ONE

**6.00** Home Shopping. **8.00**  
 Motorcycle Racing. MotoGP. Race  
 17. Malaysian Grand Prix. Replay.  
 From Sepang International Circuit,  
 Malaysia. **9.30** Fishing Edge. **10.00**  
 M\*A\*S\*H. (PG) **11.00** Hogan's  
 Heroes. **12.00** Get Smart. (PG)  
**1.00** Matlock. **2.00** Nash Bridges.  
 (M) **3.00** Jake And The Fatman.  
 (PG) **4.00** Diagnosis Murder. (PG)  
**5.00** Star Trek: Voyager. (PG) **6.00**  
 Family Feud. **6.30** M\*A\*S\*H. (PG)  
**7.30** MacGyver. (PG) **8.30** Walker,  
 Texas Ranger. (M) **9.30** Movie:  
 True Justice: Dead Drop. (M)  
 (2012) Steven Seagal, Sarah Lind,  
 Meghan Ory. **11.30** Nash Bridges.  
 (M) **12.30** Home Shopping. **2.00**  
 Hogan's Heroes. **3.00** Diagnosis  
 Murder. (PG) **4.00** Walker, Texas  
 Ranger. (M) **5.00** MacGyver. (PG)

## ABC

**6.00** ABC News Breakfast. **9.00**  
 ABC News Mornings. **10.00** One  
 Plus One. **10.30** Catalyst. (PG)  
**11.00** Devil Island. Final. **11.30**  
 Eggheads. **12.00** News At Noon.  
**1.00** Pointless. **1.45** Miniseries:  
 National Treasure. (M) **2.30** Kevin  
 McCloud's Escape To The Wild.  
 (PG) **3.20** Silvia's Italian Table.  
 (PG) **3.50** The Bill. **4.15** Murder,  
 She Wrote. (PG) **5.00** ABC News:  
 Early Edition. **5.30** The Drum. **6.00**  
 The Checkout: Snack Size. **6.10**  
 Pointless. **7.00** ABC News. **7.30**  
 7.30. **8.00** QI. (PG) **8.30** The Level.  
 (M) **9.20** DCI Banks. (M) **10.10**  
 Hard Quiz. (PG) **10.40** Lateline.  
**11.10** The Business. **11.25** Adam  
 Hills: The Last Leg. **12.10** Rage.  
 (MA15+) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **4.45**  
 Timmy Time. **5.00** Ready, Jet, Go!  
**5.25** Kazoops! **5.35** Peppa Pig.  
**5.50** Fireman Sam. **6.00** Hoot  
 Hoot Go! **6.10** Octonauts. **6.20**  
 Peter Rabbit. **6.35** Charlie And  
 Lola. **6.50** Shaun The Sheep.  
**7.00** Spicks And Specks. (PG)  
**7.30** Seconds From Disaster. (PG)  
**8.20** To Be Advised. **8.25** Gruen  
 Rewind. (PG) **8.30** The Midwives.  
 (PG) **9.30** The Fried Chicken Shop.  
 (M) **10.15** Shaun Micallef's MAD  
 AS HELL. (M) **10.45** Kids With  
 Tourette's: In Their Own Words.  
 (M) **11.35** Sun, Sex And Suspicious  
 Parents. (M) **12.35** Life's Too Short.  
 (M) **1.30** Seconds From Disaster.  
 (PG) **2.25** News Update. **2.30**  
 Close. **5.00** Babar: Adv Of Badou.  
**5.30** Mouk. **5.35** The WotWots.  
**5.45** Bottle Top Bill.

## SBS

**6.00** WorldWatch. **8.10** Filipino  
 News. **8.40** French News. **9.30**  
 Greek News From Cyprus. **10.30**  
 German News. **11.00** Spanish  
 News. **12.00** Arabic News. **12.30**  
 Turkish News. **1.00** PBS News.  
**2.00** Milpirri: Winds Of Change.  
 (PG) **3.00** The Point Review. **3.30**  
 Heston's Mission Impossible. (M)  
**4.25** Who Do You Think You Are?  
 (PG) **5.30** Letters And Numbers.  
**6.00** Ainsley Harriott's Street Food.  
**6.30** SBS World News. **7.30** Wild  
 Sri Lanka. **8.30** Movie: Munich.  
 (MA15+) (2005) Eric Bana. **11.30**  
 SBS News. **11.40** Movie: Lady  
 Chatterley. (M) (2006) **2.05** The  
 Young Montalbano. (M) **4.10** Food  
 Lovers' Guide To Australia. **4.45**  
 How The Light Gets In. (PG) **5.00**  
 CCTV English News. **5.30** NHK  
 World English News.

## SBS2

**6.00** WorldWatch. **11.00** Japanese  
 News. **11.35** Punjabi News. **12.05**  
 Hindi News. **12.30** Dutch News.  
**1.00** Urdu News. **1.30** Tamil News.  
**2.00** Thai News. **2.30** Sri Lankan  
 Sinhalese News. **3.00** Bangla  
 News. **3.30** Armenian News.  
**4.00** The Feed. **4.30** Where The  
 Wild Men Are With Ben Fogle.  
 (PG) **5.25** If You Are The One.  
**6.30** Soccer. A-League. Round  
 5. Brisbane Roar v Melbourne  
 City. **9.15** 365: Every Day Docos.  
**9.20** Adam Ruins Everything.  
 (PG) **9.45** Community. (PG)  
**10.15** MythBusters. (PG) **11.15**  
 MythBusters. (PG) **12.15** Movie:  
 Rurouni Kenshin: The Legend  
 Ends. (MA15+) (2014) **2.40**  
 PopAsia. (PG) **3.45** NHK World  
 English News. **5.00** Korean News.  
**5.30** Indonesian News.



## MOVIES

**6.25pm The Dressmaker** (2015)  
 Drama. Kate Winslet,  
 Liam Hemsworth. (M)  
*Premiere*  
**8.30pm The Last Witch Hunter** (2015)  
 Action. Vin Diesel,  
 Rose Leslie. (M) *Action*  
**10.10pm Wild**  
 (2014) Biography.  
 Reese Witherspoon,  
 Laura Dern. (MA15+)  
*Masterpiece*

## GENERAL

**6.00pm Hot Bench.**  
 (PG) *Arena*  
**8.30pm Rizzoli & Isles.** (M)  
*Showcase*  
**8.30pm Sleepy Hollow.** (MA15+)  
*FOX8*

## DOCUMENTARY

**9.30pm The Classic Car Show.**  
*Discovery Turbo*  
**9.30pm Escaping Polygamy.** (M) *Crime & Investigation*

## SPORT

**6.00pm Tennis.**  
 WTA Tour. WTA Elite  
 Trophy. Day 4.  
*Fox Sports 1*  
**7.30pm Basketball.**  
 NBL. Melbourne  
 United v New  
 Zealand Breakers.  
*Fox Sports 3*  
**7.45pm Soccer.**  
 A-League. Brisbane  
 Roar v Melbourne  
 City.  
*Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

O411

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[www.northlakescounsellingservices.com.au](http://www.northlakescounsellingservices.com.au)

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- Employment Coaching - Resume and Selection Criteria,
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- Qualified Training and Workshop Provider.

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 Mobile **0423 653 841**

Leonie's Relationship Intensive Care is  
 available as both a hard copy and eBook  
 from her website or Dymocks North Lakes.



Catch Leonie's radio show alternate  
 Mondays at 11.00am on **99.7FM**



LEONIE SCHILLING

## NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

Written by Sam Stevens Publicity Officer NLCWGI

Xmas Craft day, with an attendance of 36 members, was a casual affair and a lot of fun with plenty of chit chat and productivity involved. There was the evolution of handmade Xmas Houses, Xmas cards, Notebooks, Owls and also the newly popular Colour for Fun, the craze that has hit all ages. All creations turned out to be quite beautiful with some very artistic colouring in results. Our thanks to all those members that conducted these workshops and put in an extra effort to involve us in the art of being crafty.

Tuesday 1st November NO MEETING due to Melbourne Cup Day celebrations. This is a wonderful opportunity for our members to gather with family and friends to celebrate this momentous day. Have fun, take care, and see you all next week.

Tuesday 8th November 9:45 MONTHLY GENERAL MEETING followed by our ANNUAL GENERAL MEETING. It is time to elect a new Executive Committee. This meeting will cover quite a bit of business involving affairs and decisions that will affect all Members, so please, do come along.

Tuesday 15th November 09:45 SINGING PRACTICE in preparation for our annual visit to the Inverpine Residential Village in Murrumba Downs. If you can sing a little, or just get into the spirit of Xmas for our old folk, then we would like to see as many members as possible involved in this Community event.

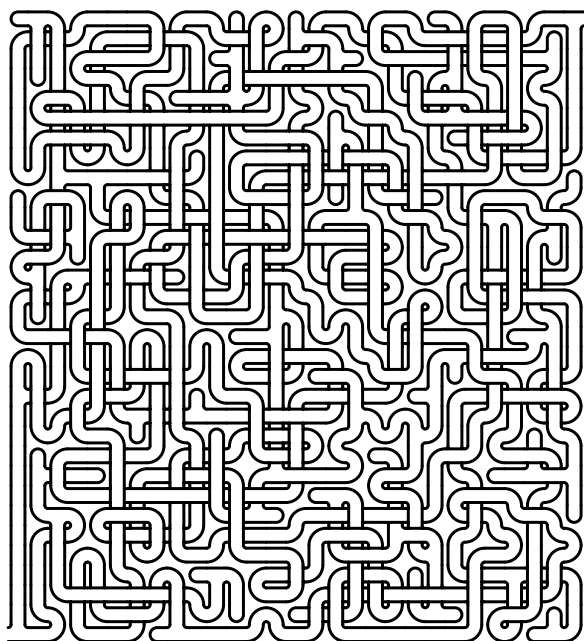
Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.



# SUDOKU

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## AMAZING MAZES



## CROSSWORD SOLUTION FROM LAST ISSUE

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# ANAGRAM CROSSWORD

And now for something completely different by Laurie Stibbe

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- 4 SLAB ERR
- 9 PARTS TORN
- 10 NO ALE
- 11 CC HAT
- 12 ME LION CUB
- 13 EERY GAL
- 15 END ACT
- 17 NOT PET
- 19 LEG TEND
- 22 TEN MEN SIT
- 24 LUUUR
- 26 HE CAD
- 27 IT BE CORAL
- 28 GLUE GAG
- 29 IN DUET

## DOWN

- 1 RECITAL
- 2 TRACE
- 3 SHARED CIG
- 4 TAD BELT
- 5 LAMER
- 6 ONTO EMAIL
- 7 ME SEED
- 8 COY HUT
- 14 HUG DRONGO
- 16 EROTIC NUN
- 18 ELECTRA
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## COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

[www.northlakemessenger.com.au](http://www.northlakemessenger.com.au)

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: [community@northlakemessenger.com.au](mailto:community@northlakemessenger.com.au)

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise



## Boosted First Home Owner's grant is popular...

But not with everyone

**T**reasurer Curtis Pitt says the state government's boost to its Queensland First Home Owner's Grant has received strong community and industry support.

Mr Pitt said since the grant had been boosted to \$20,000 from 1 July, more than 1,244 applications had been received.

"Those 1,244 applications are worth \$24.88 million," he said.

"Of those applications a total of 563 grants worth \$11.26 million have been approved so far, with more to be approved as house purchases by applicants proceed."

Mr Pitt said the Queensland First Home Owner's Grant was boosted in the State Budget to \$20,000 instead of \$15,000, limited to the end of June 2017 for newly constructed dwellings up to \$750,000.

"Our boosted grant is helping more people enter the home ownership market while supporting existing and new jobs in the building industry and supply sectors," he said.

Mr Pitt said the boosted grant had received

a very positive reaction from the building industry.

"Stockland Property Group has said the grant has had a big impact, in particular its time-limited nature is focussing the minds of buyers and prompting them to sign contracts," he said.

"Colliers International has also been reported as saying the grant has dramatically increased interest among first-home buyers.

"Colliers cites a 74 per cent rise in buyer interest and a 23 per cent increase in sales since the grant started.

"That reaction has been across 20 residential developments Colliers is involved in marketing in South East Queensland.

"The grant is just as valuable, perhaps more so, in regional Queensland where house prices can be relatively lower," he said.

But REIQ says the grant is failing to help those in regional Queensland.

The boosted grant has provided limited support where it is needed most – regional Queensland's established housing market.

REIQ CEO Antonia Mercorella said while the grant was welcome as a tool to help first-home buyers get into the market, it did not deliver help where it was needed most – to the established housing market of regional Queensland.

"Areas in regional Queensland, such as South Mackay and Blacks Beach have lost 30 per cent off the value of property over five years, according to the REIQ Queensland Market

Monitor June report.

"These markets have a surplus of housing, established homes, and there is no need to build more housing – but to qualify for the Government's grant home owners are forced to build.

"This is grossly inefficient and is damaging to our regional markets," Ms Mercorella said. "In regional Queensland, it's like handing a drowning man a glass of water," she said.

The solution to the problem is simple, Ms Mercorella said.

"Let's simply broaden the grant to include established homes. First-home buyers in regional Queensland face the same pressures of saving up for a deposit that purchasers in the southeast corner face, so let's help them get into the market with a \$20,000 grant and help the residential property market at the same time," she said.

"This is governing for the whole state, and not just for the construction industry," she said.

From its introduction in 2012 until June 30, 2016, only 4,284 grants were accessed in regional Queensland – just 1071 grants a year.

"This is not a scheme that is working for regional Queensland, and it's so frustrating because the fix is so simple," Ms Mercorella said.

For more information on eligibility and how to apply for the Queensland First Home Owner's Grant visit <https://firsthomeowners.initiatives.qld.gov.au>



## For Sale



North Lakes 3 Sandpiper Avenue

4 2 2

### Blue Ribbon Address

The family truly has room to spread out here in this home with double side gates with room for a caravan, boat or pool! The home boasts: \* Very large underroof patio \* Large formal & informal living areas \* Open plan kitchen with island bench & dishwasher \* King size master bedroom has WIR & Ens \* Other 3 bedrooms have built-in robes \* Ducted Air \* Surrounded by top quality homes.

**For Sale**  
**\$489,000**

Open Home  
Please call for your private inspection

Judi Brown  
M 0413 285 390



## For Sale



North Lakes 34 Willandra Parade

4 2 2

### Ideal Family Living

A rare opportunity to snap up a beautifully appointed family home on 640m2 in the Eastridge Estate.

Property features: \* Large master bedroom with WIR & Ens \* 3 other bedrooms with BIR & ceiling fans \* New kitchen with dishwasher & huge walk in pantry \* 2 living areas \* Separate laundry \* Outdoor covered entertainment area \* Security screens & CCTV cameras \* Double gate side access with garden shed.

**For Sale**  
**\$495,000**

Open Home  
Please call for your private inspection

Rod Sheather  
M 0412 745 784





**For Sale**



**Mango Hill 39 Markwell Crescent**

5 3 2

## Magnificent 39sq+ Smart Home

Set in one of the most prestigious positions, within Capestone, sits this luxurious five bedroom residence + study, boasting a master bedroom with ensuite & walk in robe on both levels. Three large separate living areas as well in ground pool + all the modern features to make life very comfortable including NBN. Potential rental return of \$830-\$850/week.

**For Sale**  
**\$815,000**

**Open Home**  
Please call for your private inspection

**Michelle Wheeler**  
**M 0438 197 812**



**For Sale**



**Wamuran 43 Glenarba Court**

3 2 3

## Spectacular Home On 4.9 Acres

Prepare for an amazing, quiet lifestyle, hidden at the end of the cul de sac, nestled between your manicured lawn and gardens, overlooking the creek and out to the tree lined horizon. This handcrafted Cypress log home is environmentally friendly, energy efficient, low cost and has amazing charm and character.

**For Sale**  
**\$789,000**

**Open Home**  
Please call for your private inspection

**Michelle Wheeler**  
**M 0438 197 812**





## For Sale



North Lakes 27 Shimao Crescent

4 2 2

### Modern Home Awaits New Family

This residence on 400sqm provides an exceptional family home. Set in a leafy pocket, this well-kept residence is ideal for young home buyers or downsizers & offers an easy to manage single level layout. Features: \* Airy living space extends onto a private entertaining patio \* Fully fenced \* 3 bedrooms with ceiling fans & BI robes \* Master bedroom with WIR & Ens \* Double lock up garage

**For Sale**  
\$460,000

Open Home  
Please call for your private inspection

Kerry Marks  
M 0409 345 987



## For Sale



Narangba 65 Hickory Drive

4 1 2

### Family Living In Narangba

This is an absolutely feature packed home that provides everything for your family. 3 bedrooms with B-ins & 4th bedroom which can be used as a study, 1 car lock up with internal access, sep laundry, open plan kitchen, family & dining + spacious second living area. Other features: Air con, 2 entertaining areas, 6x9m shed with power & water, 5000L water tank, side access to the property for trucks, caravan or boat.

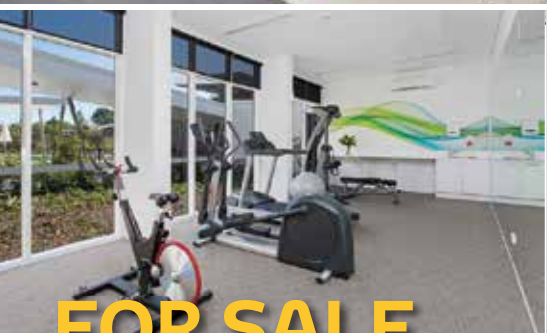
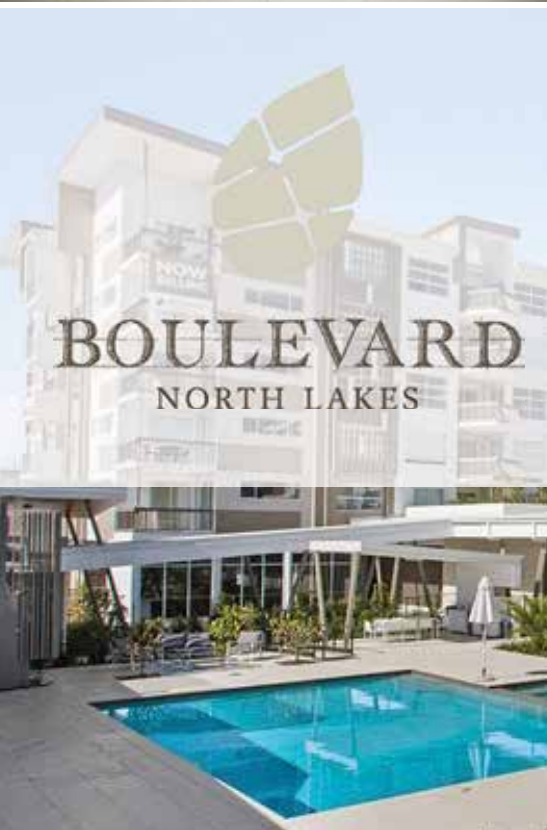
**For Sale**  
\$455,000

Open Home  
Please call for your private inspection

Kerry Marks  
M 0409 345 987







**FOR SALE**

THE BOULEVARD, 59 ENDEAVOUR BLVD NORTH LAKES

Starting from \$365,000

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Nearly sold out with only a few remaining be one of the lucky ones to purchase one of these brand new stylish apartments within an easy walk to North Lakes Westfield's, restaurants and the new Mango Hill train station. With only 8 available these amazing apartments offer so much for investors and allows first home owners to claim the \$20,000 First Home Owner Grant. All featuring 2 large bedrooms with options of study nook or multipurpose room. Other standard features to all units include stone bench tops, air conditioning, covered outdoor balcony or courtyard, 9ft ceilings and secure car space. Live the resort lifestyle every day and take advantage of the luxurious swimming pool, spa, gym and a choice of cafes right at your doorstep.

These last remaining apartments will not last long so call me today to arrange your private inspection Saturday/Sunday and evening inspections welcome.



Jarod Faulkner

0447 734 206 | [jfaulkner.northlakes@ljh.com.au](mailto:jfaulkner.northlakes@ljh.com.au)



North Lakes/Mango Hill

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Jarod Faulkner

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[northlakes.ljhooker.com.au](http://northlakes.ljhooker.com.au)





**FOR SALE**

13/19 Magree St, Kallangur  
\$269,000+



**FOR SALE**

37 Peridot Cres, Mango Hill  
\$525,000+



**FOR SALE**

46 Maryvale Rd, Mango Hill  
\$600,000+



**FOR SALE**

11 Stodart Tce, Mango Hill  
\$699,000+



**FOR SALE**

4 Eureka St, North Lakes  
\$399,000+



**FOR SALE**

24 Denison Pde, North Lakes  
\$695,000



**FOR SALE**

21 Trump Cct, North Lakes  
Inviting Offers



**FOR SALE**

59 Possum Pde, North Lakes  
\$478,000



**FOR SALE**

4 Brookfield St, North Lakes  
\$649,000+



**FOR SALE**

7 Tourmaline Cct, Mango Hill  
Auction 29/10/16



**UNDER CONTRACT**

3 Chrysler Pde, North Lakes  
\$465,000+



**UNDER CONTRACT**

2 Neptune Ct, Mango Hill  
\$559,000



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**Janelle Stratford-Evans**  
Licensed Real Estate Agent



**Natalie Wells**  
Licensed Real Estate Agent

Office 4 & 5 / 3 McLennan Ct, North Lakes, Qld 4509  
P: 1300 AQUA SELL - 1300 278 273 | [www.aqua.eview.com.au](http://www.aqua.eview.com.au)



North Lakes 11 Harrison Street

## Large Lowset, Designer Home in Elite Club North!

This huge, individually designed Lowset Home offers over 320sqm of stunning family living!

Perfect for both entertaining and everyday lifestyle, this superb residence boasts four spacious bedrooms and four large & stylish living zones expertly positioned for family practicality. There's no doubt, this beautiful feature packed residence will afford your family a whole new lifestyle to be enjoyed in complete and utter comfort.

- Master with custom WIR, full length mirrors & lavish ensuite
- Bed 2 has WIR, Bed 3 & 4 with BIR
- State of the art designer kitchen
- Spacious open plan dining & Open plan living area, Rumpus plus Media
- Ducted A/C, Pool

## Sale

\$799,000+

Darren & Lisa Suhle

0400 197 529

View Saturday 1.00 - 1.30pm

darren.suhle@raywhite.com

3/13 Discovery Drive North Lakes

3482 3501 | 3491 9153

raywhitenorthlakesqld.com.au

raywhitemangochill.com.au

4 2 2



Ray White North Lakes | Mango Hill



Murrumba Downs 11 Denis Street

## Exceptional Entertainer & Stunning Family Home!

A family home of timeless appeal designed to provide a relaxed Haven for the Entertainer. Designed to be very Liveable whilst displaying every modern feature this home has to be seen to be appreciated. Built by renowned Clarendon Homes this Edgewater 41 Design truly is the Epitome of Style & Quality offering flawless standards in Luxury. From it's picturesque Façade flowing seamlessly through light filled interiors to tranquil outdoor areas. This home is a Sanctuary of comfort & style in one of Murrumba Downs most prestigious Streets surrounded by luxury where the Ambience portrays an Executive indoor outdoor living for the Lovers of everything of Quality.



Ray White North Lakes | Mango Hill

5 3 2

## Sale

\$769,000

View By appointment

Tony & Nadine Wilkie

0406 861 210

tony.wilkie@raywhite.com

raywhitenorthlakesqld.com.au

raywhitemangochill.com.au



Deception Bay 35 Commander St 3 1 1

## SOLD by Darren Suhle!

Thinking of Selling?

Darren Suhle

0400 197 529

Ray White North Lakes | Mango Hill







**PUT ONE HAND IN THE AIR & THE OTHER HAND IN YOUR POCKET AT THIS AUCTION...**

## **Buy November 2016 & Settle in February 2017!**

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**Offering: Three Bedrooms + Two Bathrooms + Ceiling Fans + Air-conditioned Living + Second Toilet Downstairs + Single Lock Up Garage + Extra Parking Space + Covered Pergola and more...**

NRAS Component will be removed if required, tenants lease expires in February, so an owner/occupier can purchase it and move in. Your choice: live in or rent out!

Located in a modern complex and within walking distance to Strathpine train station. Bus stop close by to take you to Warner & Strathpine Shopping Centres. Great investment for the future being located only 5kms to New University planned for Petrie. Choice of Private and Public schools close by along with sporting facilities & New medical centre.

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